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# Latest budget puts Alberta \$6.3B in red

## Dipping into Contingency Account.

 Province will borrow  
billions to build  
infrastructure

The Alberta government — squeezed by falling oil revenues and a growing population — has delivered a budget that holds the line on day-to-day spending but borrows billions to build roads, hospitals and schools.

There are no new or increased taxes.

The result is \$6.3 billion in red ink.

"We are having a tough time here," Finance Minister Doug Horner said

Thursday before tabling the 2013-14 document in the legislature.

"We're going to have five million people in this province within 17 years. Where are their kids going to go to school? Where are they going to have hospitals to go to? How are they going to get to work if the road isn't there?"

"We have to be able to build for the future — and that's what this (budget) is about."

Even though the government is not increasing its overall spending on operations, it anticipates a \$2-billion deficit on revenues of \$38.6 billion. The gap will be covered by the government's Sustainability Fund, now renamed the Contingency Account. That

fund had \$17 billion at its peak four years ago but will be down to \$691 million by this time next year.

Horner said the shortfall can't be helped, but he isn't happy about it.

"It's been very rare for Alberta to have an operating deficit. That's a big deal to me. I don't want to see operating deficits in the future."

Thursday's budget announced \$4.3 billion in infrastructure borrowing, which includes the money for Highway 63. When the loan is combined with the \$2-billion operating deficit, it leaves a \$6.3-billion hole in the government's pocket-book.

THE CANADIAN PRESS

More coverage (pages 8-9)



Minister of Finance Doug Horner presents the 2013 budget at the Alberta Legislature on Thursday. There are no new or increased taxes in the budget and the result is \$6.3 billion in red ink. JASON FRANSON/THE CANADIAN PRESS



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## School board. Questions surround lack of talk on moves

By redesignating two consecutive grades instead of three, the Edmonton Public School Board skirted a lengthy public-consultation process.

According to Alberta's School Act, closing three or more consecutive grades in a school is considered a school closure and involves a process of public meetings and consultation.

On Monday, the superintendent of Edmonton Public Schools announced that Grades 8 and 9 at Johnny Bright and Esther Starkman would be redesignated to D.S. MacKenzie and Avalon, respectively, to combat major enrolment pressures.

Throughout the week, concerned parents have questioned why Grade 7 students are not included in the move.

"It would involve a school closure," EPSB spokesperson Jane Sterling said on Wednesday.

Sterling said that had the superintendent chosen to redesignate three grades instead of two, it would have been "a whole different process."

"And they don't really want to lose the designation of it being a junior high," Sterling said, noting if the area gets another school and space problems are alleviated, Grades 8 and 9 could be redesignated to Johnny Bright and Esther Starkman.

Sterling also said while there was not a formal consultation process, trustees and the superintendent did receive "a lot of input" via telephone calls and emails before the difficult decision to redesignate grades was made.

ANNALISE KLINGBEIL/METRO

# Mom's Facebook letter praising teachers travels round the world

A Drayton Valley mom's Facebook note in appreciation of teachers has been viewed around the world.

On Monday, Jennifer Marcotte wrote an open letter about teachers to the government of Alberta and put it on Facebook.

"I just wrote it as a quick note on my Facebook, kind

of in appreciation to the few teachers that I do have on my Facebook," she said.

By Thursday, the letter had been seen by teachers around the globe, "liked" by more than 1,000 people and shared nearly 3,000 times.

Marcotte has since received comments and emails of thanks from teachers

across Canada and from as far away as New Zealand, Spain, England and Australia.

She said she was compelled to write the note after hearing a radio story about last week's negotiations between teachers and the education minister.

"With the teachers feeling disheartened as it is and

not appreciated, I thought it was time for a little bit of appreciation. It's important that they know that they matter," she said.

Marcotte said she was informed on Wednesday that her letter had been introduced in the legislature by Liberal MLA Kent Hehr.

ANNALISE KLINGBEIL/METRO

# Late-night buses could roll out in fall

**Pilot project.** Transit could run until 3 a.m. on five key routes

**Pilot to permanent**

- Should the pilot go forward, council will likely be asked to extend it through December 2014 at an added cost of \$391,000 to avoid shutting and restarting it if it becomes permanent.

LUCY HAINES

edmonton@metronews.ca

City councillors will consider a one-year late-night transit pilot project next Wednesday.

A decision on the project, estimated to cost more than \$1.2 million, must be reached by the time tax rates are set in early April, says a city report released on Thursday.

That same report outlines a first phase, with five bus routes running every 30 minutes until 3 a.m. on major corridors from downtown and Old Strathcona to Century Park, Mill Woods, Capilano, Clareview, Eaux Claires and West Edmonton Mall.

City transportation manager Bob Boutilier said that while talk of the service has been ongoing for years, he be-

lieves there's a desire on council to put more transit where it's needed. "Council has been supportive of the airport shuttle and late-night buses on Whyte Avenue," he said. "The will is there."

Coun. Amarjeet Sohi said the project would be a first step in validating the need to expand transit. "There's no doubt we need it. People who work in hospitals, security and hospitality — many work at night."

If approved, the pilot will run from September 2013 to August 2014, with a possible extension through December.



A one-year pilot project for late-night buses is awaiting approval and funding to start this fall. LUCY HAINES/FOR METRO

1 NEWS



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# Medevac group questions plan to move government jets

**But...** Government says plan long in the works to relocate

**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

The group opposing the relocation of medevac services from the Edmonton City Centre Airport says the government had no intention of moving its own planes.

The medevac planes are set to be moved to the Edmonton International Airport on March 15 and the government's jets will go with them, but the Save Our Medevac Service Society says the decision is about solving a public-relations problem.

"That was obviously pretty bad optics, so the government issued a press release and said they are going to move out on the 15th as well," lawyer Keith Wilson, who is working with the group, told an audience in Cold Lake on Tuesday night.

Wilson told the crowd the society raised the issue of the government jets and the government responded promptly.

"We were telling people if you are dying you can't land, but guess what — the premier can, and a lot of people put that in their letters," he said.

Government spokesperson Robyn Cochrane said the province has been working on a new home for its aircraft fleet since the city made the decision to close the airport.

"As soon as we found out the city had made their decisions, we obviously knew we had to move."

Cochrane said starting March 15, the province will relocate its fleet to the international airport. She said until a new hangar is in place, maintenance will continue at the municipal airport, but the government did not make a knee-jerk decision.

"We are working on it and we have been working on the temporary solution for months."



Doctors spoke out this week in Edmonton about the medevac changes, saying patients will suffer when the planes begin landing at the international airport instead of the municipal one. METRO FILE



Dancers from the Good Women Dance Collective LUCY HAINES/FOR METRO

## Move it! At Expanse Festival

How do you walk that tightrope of being a solid go-to festival that attracts proven headliners and hot acts, while providing room for new works and nurturing fledgling local artists?

Murray Utas can't explain it, but said somehow that's just what he's doing as producer of the Expanse Festival, a celebration of movement running for its seventh year this weekend in Old Strathcona. Think

aerial and circus arts, mime and movement theatre and, of course, dance.

"Somehow we let all these elements come together — music, theatre performance, dance. It's interactive and organic, and it works," said Utas, who, with Azimuth Theatre and host Fringe Theatre Adventures, provides a central and dance-friendly venue at the Westbury Theatre in the Arts

Barns to local stalwarts such as Mile Zero Dance, as well as works-in-progress from emerging Alberta artists such as Good Women Dance Collective.

"It's great to have this space and a festival audience to show what we've been working on," said dancer Ainsley Hillyard, who performs in a piece called Withheld. "It's a collaborative piece, showing how the concept of withholding something

is manifested in the body."

For Gerry Morita, artistic director of Mile Zero Dance, the festival is more than a grass-roots meet-up.

"The level of professionalism, a great space and top production values — that's one thing, but you get to see who's hot, who are the people to watch," she said.

The festival kicked off Thursday. LUCY HAINES/FOR METRO

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The clock tower in St. Albert is located at Perron Street and Sir Winston Churchill Avenue. HEATHER MCINTYRE/METRO

# Clock tower study could mean change

**St. Albert.** Field data could challenge masonry building codes and standards



HEATHER MCINTYRE  
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The clock tower in downtown St. Albert may be indicating it's time for change.

The 21-metre structure, built for research purposes in 1995 was recently outfitted with remote monitoring technology to study how masonry behaves and reacts to temperature and moisture fluctuations. The collection of actual field data could challenge current lab data, and lead to building codes and standards changes, said Yasser Korany, associate professor of structural engineering at the University of Alberta.

## Summer time

**"What we'd like to see is at least a full-year cycle, so we can see what the summer does to the tower."**

U of A PhD student Adam Lohonyai

A total of 52 digital sensors have been collecting real-time data since October 2012, monitoring expansion and contraction movements of the interior concrete and exterior brick walls, each of which were constructed differently and linked with different connectors.

"That would generate very useful information for us to either validate the assumptions in science or revise them if needed," said Korany, noting they may need to change considering

masonry materials still crack and sometimes fall.

But while preliminary observations differ from current codes and standards, it is too soon to fully analyze the data.

"What we'd like to see is at least a full-year cycle, so we can see what the summer does to the tower," said U of A PhD student Adam Lohonyai.

The project was funded with \$25,000 from the Natural Sciences and Engineering Research Council of Canada, and is a partnership between the U of A, Read Jones Christofferson, and City of St. Albert.

## More online

- The data can be found online at [perron-clock-tower.rjc.ca](http://perron-clock-tower.rjc.ca).



## From the past

### Technology: Then and Now

Initial research at the St. Albert clock tower, after it was built in 1995, was done with a mechanical monitoring system.

"It was essentially a weight and a pendulum, and you were manually taking readings off this scale," said Nick Trovato of Read Jones Christofferson's building science division, the project's industry partner. "Whereas now the technology that is provided in this program allows for ... very detailed, accurate readings."

St. Albert mayor Nolan Crouse is happy to see the landmark be used for research purposes again, and has been following the online data.

"It was built properly for experiment and I'm kind of intrigued (as) we go forward, what it tells them."

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# Cuts to post-secondary will impact student experience

## 6.8 per cent reduction.

Colleges and universities hit hard in provincial budget

ANNA LISE KLINGBEIL

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The sharp cuts to funding for operating grants at Alberta post-secondary institutions will directly impact the province's students, say university leaders.

"It's going to be a very, very difficult set of decisions... Quite frankly, it's going to be a very significant reduction in quality of the student experience," University of Alberta president Indira Samarasekera said Thursday.

Samarasekera said she was both surprised and horrified by the 2013 provincial budget's 6.8 per cent reduction in operating grants for post-secondary institutions.

Post-secondary institutions will receive \$2 billion in base operating grants — \$147 million less than last year.

"It is certainly a number that none of us saw coming," said U of A Students' Union president Colten Yamagishi. "I know a lot of people were thinking anywhere from zero to five per cent, but 6.8, that is huge. It is going to have a huge impact on the institution."

Samarasekera said the cuts mean students may not have access to classes, services or assistance they previously had, and it's possible tuition could increase.

"We're going to have to look at those programs where our tuition is much lower than the rest of the country, if we are to offer quality. It's quality that's on the chopping block today," Samarasekera said.

Newly minted Advanced Education Minister Thomas Lukaszuk, via telephone from Vietnam, encouraged institutions to look at the budget as an "opportunity" to build better relationships amongst each other.

"What we have right now is an orchestra of some virtuosos — they are fabulous at what they do," Lukaszuk said. "I would put our post-secondary schools against any others in the world, but unfortunately this orchestra doesn't have a conductor, and they're all playing their own tune and they're off-beat."

The minister mused about amalgamating payroll departments and providing an open-source venue online for commonly used textbooks as ways to build better efficiency into the system.

WITH FILES FROM JEREMY NOLAIS/  
METRO CALGARY



University of Alberta president Indira Samarasekera said it was unfortunate that the budget considers post-secondary education an expense rather than an investment. "We are Alberta's future," she said Thursday. METRO FILE

## Quoted

"We are going to have to look at those programs where our tuition is much lower than the rest of the country, if we are to offer quality. It's quality that's on the chopping block today."

University of Alberta president Indira Samarasekera

# Budget freeze could lead to teacher layoffs



Education minister Jeff Johnson called Thursday's provincial budget "very challenging." METRO FILE

Larger class sizes and teacher layoffs are inevitable, say critics, after Alberta's 2013 budget was introduced on Thursday.

While schools are on the way, with \$2.4 billion devoted to maintaining a promise from Premier Alison Redford for 50 new schools and 70 renovations, funding will come slower than originally forecast.

"The intent of this budget is to try to maintain the instruction in the classroom," Education Minister Jeff Johnson told reporters.

In all, Johnson said 37 of Alberta's 62 school boards will

operate with less money next year.

That includes the Edmonton Public School Board, which needs to find \$3 million before the end of the school year, according to board chair Sarah Hoffman.

"We're not going to be able to maintain the same level of education next year as we currently have," Hoffman said.

Edmonton Catholic School Board vice-chairperson Debbie Engel expressed disappointment with cuts to ESL funding, AISI funding and no funding for full-day kindergarten.

"We're going to find ourselves scrambling a bit because (AIS) is not only gone for September 2013, it's gone April 1," she said.

The Alberta Teachers' Association warned hundreds of jobs could be cut in the months ahead because of smaller-than-promised student grants.

"This budget, it's a big blow to education," said ATA president Carol Henderson.

The Alberta School Boards Association also warned of tough days ahead.

"There will be an impact on school divisions," said president

## New schools, no raises

- The budget allocates \$63 million towards constructing new schools this year, with a total of \$2.4 billion coming for such projects over five years.

- The budget includes no money for teacher raises.

Jacquie Hansen.

ANNA LISE KLINGBEIL/METRO

WITH FILES FROM JEREMY NOLAIS/  
METRO IN CALGARY

## Reaction



"After Alberta had been proud of the legacy of becoming debt free under (former premier Ralph) Klein in 2004, this premier is plunging this province back into debt. Significant debt."

Wildrose Leader Danielle Smith



"What we're seeing is a shrinking budget for a growing province, and that's going to create all sorts of problems."

NDP Leader Brian Mason



"It's an intellectually and morally bankrupt budget. This is a budget that hurts people."

Liberal Leader Raj Sherman



Finance Minister Doug Horner delivered an austere budget on Thursday, with spending freezes or spending cuts in many sectors. Despite the thriftiness, Alberta still finds itself spending billions of dollars more than it's taking in. Here are some of the highlights from the 2013 financial plan.

RYAN TUMILTY AND ROBSON FLETCHER  
edmonton@metronews.ca

# 1 Physicians have 'deep concern' about budget

Health spending will increase under Alberta's new budget but not as quickly as many in the health-care field were expecting or would like.

The total health budget is \$17.1 billion in 2013-14, which marks an increase of three per cent over the previous year.

"This is lower than the 4.5 per cent increase the health sector was expecting, but we believe AHS can provide better outcomes for better value by using its resources more effectively," Finance Minister Doug Horner said in his budget speech.

But most physicians will look at this budget with "deep concern," said Alberta Medical Association president Dr. Michael Giuffre.

"I think this budget translates directly to decreased access for our patients," Giuffre said. "We would anticipate that lineups in emergency will go up; the number of procedures will go down."

Giuffre said the budget does not account for population growth or inflation, and expressed particular concern with cuts to physician benefits and relatively flat spending on physician pay.

Minister of Health and Wellness Fred Horne said improvements will have to be made despite financial restraints.

"We're the top per-capita spender in the country and have been for a long time, but we are not getting all of the outcomes that Albertans expect."



## Horner announces saving plan

Among all the red ink spewing from the provincial budget, Alberta announced a new plan to save, as well.

The province is promising to grow the province's savings to more than \$24 billion over the next three years.

"As a banker, I learned that valuable lesson: Before you spend on anything, put some away first," said Finance minister Doug Horner.

Horner announced a new fiscal management act that requires the government to constantly put money away. Among the new rules, five per cent of the first \$10 billion the government collects in royalty revenue will be put away. The next five billion will have 20 per cent stashed away and

50 per cent of any money in excess of \$15 billion will be saved.

Horner also announced the sustainability fund, which will be left with \$691 million after this year, will be rebuilt to \$5 billion and renamed the contingency fund.

He also announced the government would no longer raid interest from the Heritage Fund, the government's long term savings account, to pay for current priorities.

Starting in 2015, the government will gradually stop using the interest and instead leave it in the fund to continue to grow.



# 5 Alberta budget bites

## Municipalities see no cuts, no increases in provincial budget

Edmonton did not face a cut to its funding in the 2013 provincial budget announced Thursday, but it also didn't get a long-promised increase.

While cutting in other areas, the provincial budget left the Municipal Sustainability Initiative (MSI) at \$846 million per year for the next three years.

The money is spread out to all municipalities across the province, with Edmonton receiving \$170 million towards capital projects.

When the program was first announced in 2007, funding was supposed to rise with municipalities eventually seeing \$1.3 billion a year, but that will no longer happen.

Municipal Affairs Minister Doug Griffiths put a positive spin on the numbers, noting the province is still committed to municipalities.

"We didn't want to reduce MSI because we know, with all the people moving to this province, municipalities have all the same infrastructure demands as we do," he said.

The government also did not announce an extension of the MSI program beyond its current end date in 2017.

Griffiths said he has every intention of having the program continue.

"We haven't discussed that, but I have been very clear before that there is no way it is ending."

Edmonton Mayor Stephen Mandel said it would take some time for the city to fully understand the impact of the budget.

"It is a very broad based document that we listen to on the television and it doesn't say very much. The devil is in the details."

On the downtown arena project, Griffiths said Edmonton can fund the project with its existing funding based on the city's own priorities.

Mandel has hoped for a commitment to funding the project, but said he is still confident.

"We appreciate the province has some challenges, but I have been assured time and time again that the issue with the arena will be dealt with."

## Budget 2013 by the numbers

- Total revenues: \$37.5 billion
- Total expenses: \$38.06 billion
- \$15 billion over three years for infrastructure projects.
- Oil price forecast at \$92.50, compared to \$92.58 forecast this year.
- The budget pegs economic growth at 2.9 per cent in 2013.
- Combined with borrowing for capital projects \$6.3 billion of new debt.
- The government will bring in \$6.2 billion less in 2013 from energy revenues.
- Alberta expects to add 100,000 people in 2013.



Source:  
Government of Alberta

## Ten more Mounties, two more judges

Justice funding will be redirected to hire 10 more RCMP officer and two new provincial court judges as part of Budget 2013.

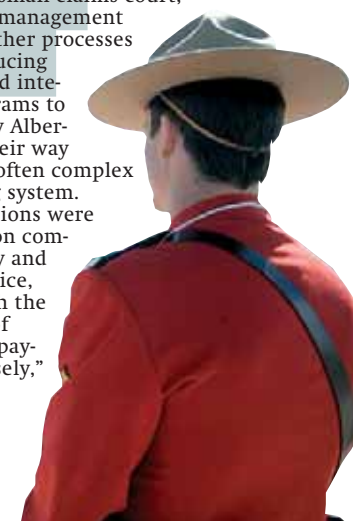
"We're balancing more demands with essentially the same budget as last year by focusing on core programs and spending smarter on areas of greatest need," said Jonathan Denis, Minister of Justice and Solicitor General.

The province also plans to make changes within the operations of the justice system.

Some of those changes include increasing the limit for small claims court,

maintaining management offices and other processes aimed at reducing caseloads, and integrating programs to help ordinary Albertans make their way through the often complex and daunting system.

"Our decisions were made based on community safety and access to justice, balanced with the importance of spending taxpayer dollars wisely," Denis said.



## Construction. Sidewalks to reopen north of Jasper

Work on the north side of Jasper Avenue is nearing completion. The city announced Thursday that pedestrian access to 102 Street north of Jasper Avenue will be the first portion of sidewalk to reopen, effective Friday.

The sidewalk on the north side of Jasper Avenue between 101 and 102 Street will reopen on Monday, while all sidewalks between 100 and 102 Street will reopen to pedestrians by the end of March.

The sidewalks have been closed since last spring as part of the Jasper Avenue street-

### Heading south

As work on the north side of the road is completed, construction crews will move to the south side of Jasper Avenue in early April. This means vehicle traffic will be moved to the newly paved north side, with one lane going each direction from April to October.

scape project, which is slated to be completed by the end of October. **METRO**

### Robbery

#### Man injured in assault, stabbing

A 38-year-old man is in hospital with non-life threatening injuries after he was stabbed Wednesday night. Police said the man was allegedly robbed and attacked after offering to drive two strangers downtown. **METRO**

### Grande Prairie

#### Man dead after explosion

Alberta Occupational Health and Safety is investigating after a man was killed in an apparent explosion at an industrial park west of Grande Prairie Thursday. No one else was physically injured. **METRO**

# BULLYING CAN'T BE SOLVED WITH OUR LAWS ALONE



FOOTNOTES  
Omar Mouallem  
omouallem@gmail.com

Ten years ago, I took a documentary writing course, and one of the assignments required us to pitch a story in front of the class.

There's only one I still remember: A classmate's idea to document the problem of bullying — a concept that was laughed down by the teacher in a manner that, yes, one might consider bullying.

How times have changed. A decade later, Bully, a documentary that very easily could have been produced from his pitch, received critical acclaim and was heralded by the New York Daily News as "required viewing for every parent, teacher and teenager."

In many ways, bullying has become the defining issue of the Facebook generation. Celebrities like Katy Perry have boosted global campaigns such as Stomp Out Bullying, while thousands of

### The problem with anti-bullying bylaws

Like misogyny, bullying is a social issue that can't realistically be regulated by law, though the symptoms can be fought legally — and are, every year, in hundreds of cases across Canada.

Canadians donned pink shirts on the last Wednesday of February to express intolerance toward bullying.

These movements have their detractors, including a New York school psychologist who recently told the Vancouver Province that Pink Shirt Day promotes "victim thinking" and "(teaches) children that nobody's allowed to do anything to them that they don't like."

Such sentiments fail to address just how powerful bullying has become in the digital age. What was once confined to schools now chases young people everywhere over social media, and sadly it's influenced several young people to take their own lives.

But "bully" has become a buzzword and is often misused by adults to describe someone

in a powerful position whom they disagree with. Even The Economist called Prime Minister Stephen Harper a bully citing his omnibus budget bill.

Still, despite the trendiness of the word, it's a very real problem for people, particularly youth. And education campaigns like Pink Shirt Day — backed by school and even workplace policies — are the best ways to snuff it out.

But I'm worried by the trend toward anti-bullying bylaws, which began in Edmonton in 2003.

Councillors in Airdrie are considering passing a bylaw that would outlaw bullying, in light of the story of a young resident who says bullying led her to attempt suicide.

What forms of bullying it would penalize aren't yet

known, but it will likely be modelled after one in Hanna that pins a \$250 fine to verbal abuse and \$1,000 to repeat offences. Extreme cases could fetch an offender six months in jail. Perhaps most alarming is a fine for bystanders.

These bylaws have good intentions, but leave me wondering, what happened to the laws we already have on the books? Have we forgotten about harassment, defamation, assault and cyberstalking?

Like misogyny, bullying is a social issue that can't realistically be regulated by law, though the symptoms can be fought legally — and are, every year, in hundreds of cases across Canada.

While you can tackle some societal problems with law, such as racism and hate-crime legislation, it's harder to define what is and isn't bullying. At the moment, the word is overused.

But it remains the best word we have to discuss the problem at home, in schools and workplaces, where the biggest social changes can be made.

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# Celebrating women

International Women's Day is Friday, but if you're looking for a way to celebrate, there are festivals and events ongoing through to early next week.

HEATHER MCINTYRE  
heather.mcintyre@metronews.ca

## SkirtsAfire, herArts festival



Edmonton's newest festival creates a platform for women writing, directing, designing, choreographing, painting and putting music to their own stories. It is also a place to empower, celebrate, develop and showcase women. Until March 10. Various locations, Alberta Ave. Skirtsafire.wordpress.com

## 1000 Women: A Million Possibilities

The Million Possibilities Endowment Fund is to empower students to reach their full potential – especially the many female students attending Norquest College who have dependents. Since 2010, \$1 million has been raised. March 8, 4:30-6 p.m. Norquest College, 10215 108 Street Norquest.ca/1000women



## International Women's Day March and Rally



Organizers of a local march and rally for International Women's Day say this year there is an opportunity to highlight issues raised by the Idle No More movement, as well as fight for a just and sustainable future for all women everywhere. March 9, 1:30 p.m. Corbett Hall, 82 Avenue and 112 Street Facebook: Edmonton IWD March

## Alberta's Women of Aviation

Women have always been a part of aviation's past, present and future. In recognition of all female aviators that have served both in the air and on the ground, the Alberta Aviation Museum invites females to visit for free. (Sorry guys, you'll have to pay.) March 10, 11 a.m. Alberta Aviation Museum Albertaaviationmuseum.com



## The Role of Immigrant Women in Edmonton



An event put on by Changing Together, a centre for immigrant women, invites Edmontonians to join a panel discussion with community experts in the city room at city hall. March 12, 2-4 p.m. City Hall Changingtogether.com

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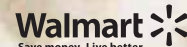
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## Dementia. Pierre Trudeau chose death from cancer over losing his mind: Book

Pierre Trudeau's guiding motto in politics was "reason over passion." In the end, it seems, he chose reason over life.

A newly released e-book from the Ottawa bureau chief for the Huffington Post reveals Trudeau refused treatment for advanced prostate cancer rather than lose his famously sharp mind to dementia.

Justin Trudeau himself does not dispute the account by Althia Raj in *Contender: The Justin Trudeau Story*, which suggests his father made the decision about six months prior



Pierre Trudeau THE CANADIAN PRESS

to his death in September 2000. "It was fairly clear that he was very much at peace with the end of his life approaching," he said. THE CANADIAN PRESS

### Journalist killed

## Supreme Court weighs suing Iran

The Supreme Court of Canada will decide whether the son of the murdered Canadian photojournalist Zahra Kazemi can sue the Iranian government.

The high court has

agreed to hear an appeal from Kazemi's son Stephan Hashemi, who argues he has the right to sue the Iranian government for allegedly killing his mother and failing to return her body.

In 2003, Kazemi was taking pictures of protesters in Tehran. Kazemi was detained, tortured and raped in prison. THE CANADIAN PRESS

# Justice system thoroughly failing aboriginals: Report



Correctional investigator Howard Sapers speaks on the findings of a special report tabled in Parliament. SEAN KILPATRICK/THE CANADIAN PRESS

## Quarter of all prisoners. Transfer provisions for aboriginals rarely used

Aboriginal offenders make up one quarter of Canada's prison population and are being left behind bars far longer than non-aboriginals, says a special report from the country's correctional investigator.

The report by Howard Sapers, tabled Thursday in the House of Commons, chastises the government not only for how it deals with aboriginals behind bars but also for failing to keep them out of jail.

### Accusation

"This is an appalling example of the discrimination against indigenous people in this country."

Josh Paterson, director of the BC Civil Liberties Association

Aboriginal-specific provisions in the justice system are chronically underfunded, says the report. It's a problem that's been ignored and allowed to worsen ever since the Corrections and Conditional Release Act of 1992, said Sapers.

Sections 81 and 84 of the law allow the public safety minister to transfer aboriginal inmates to community facilities and to so-called healing lodges, but that power is not being properly used, the report concludes.

The landmark report found that just four agreements have been reached between the federal government and aboriginal communities to allow for Section 81 transfer of inmates.

Healing lodges receive only a fraction of the funding made available to similar facilities.

Justice Minister Rob Nicholson responded by saying the government has bolstered spending on anti-crime programs, including the Northern Aboriginal Crime Prevention Fund. THE CANADIAN PRESS



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# UN peacekeepers abducted by rebels appear in videos

**Golan Heights.** UN troops say they're safe, but incident likely to heighten jitters about Syrian civil war

Several United Nations peacekeepers who were abducted by Syrian rebels said in videos posted online Thursday that they are safe and being treated well, even as activists reported clashes and shelling in the tense border area with Israel where the Filipino troops were being held.

Opposition fighters detained 21 peacekeepers near the village of Jamlah in the Golan Heights on Wednesday — the first time UN troops have encountered trouble since they began patrolling an Israeli-Syrian armistice line dividing the plateau nearly 40 years ago, said Timor Goksel, a Beirut-based former UN official in the region.



Free Syrian Army fighters stand next to UN Disengagement Observer vehicles near Golan Heights in Daraa, Syria. THE ASSOCIATED PRESS

One of the videos posted online shows three men dressed in camouflage and blue bullet-proof vests emblazoned with the UN and Philippines. "We, the UN personnel here, are safe, and the Free Syrian Army are treating us good," one of them says in English. "We cannot go home because the government of (President Bashar) Assad do not stop the bombing. To our

family, we hope to see you soon and we are OK here."

The second video shows six peacekeepers sitting in a room. An officer, who identifies himself as a captain, says that as their convoy came under shelling on Wednesday, "we stopped and civilian people helped us for our safety and distributed us in different places to keep us safe." THE ASSOCIATED PRESS

## Venezuela

### Chavez's body to be on display

Venezuela's acting president says Hugo Chavez's embalmed body will be permanently displayed in a glass casket so that "his people will always have him." Vice-President Nicolas Maduro says the remains will be put on permanent display at the Museum of the Revolution, close to the presidential palace.

THE ASSOCIATED PRESS

## North Korea

### U.S. prepared for nuclear attack

The U.S. is fully capable of defending itself against a North Korean ballistic missile attack, the White House said Thursday, after Pyongyang threatened a pre-emptive nuclear strike on the U.S. The threat came ahead of a vote in the UN Security Council approving its toughest sanctions yet on North Korea in response to an atomic test last month. THE ASSOCIATED PRESS



### Too close to call in Kenya

A supporter of the Coalition for Reforms and Democracy (CORD) listens to the results of Kenya's election on his radio in Nairobi, Kenya, Thursday. Kenya's presidential race tightened as new results pushed the leading candidate below the crucial 50 per cent mark needed to win outright. A final result was expected Friday, but the close race and a troubled vote count are sparking fears of the kind of violence that ripped through the country after its last national election.

SAYYID AZIM/THE ASSOCIATED PRESS



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# Suspect in deadly hit-and-run brought back to New York

## Couple and child killed.

Julio Acevedo claims to have been chased by gunman before crash

The suspect in a hit-and-run crash that killed a pregnant woman and her husband returned to New York City on Thursday after his arrest in a neighbouring state. The couple's premature baby, delivered after the crash, died later.

Julio Acevedo had been ordered held without bail after being arrested in Pennsylvania on Wednesday. A friend arranged his surrender.

Acevedo, 44, faces charges of leaving the scene of an accident, New York Police Department spokesman Paul Browne said.

Acevedo is accused of driving at twice the speed limit and crashing into a car carrying Nachman and Raizy Glauberman. The Glaubers, both 21 years old, died Sunday, and their premature son, delivered by cesarean section, died Monday.

The couple belonged to a close-knit ultra-Orthodox Jewish community in Brooklyn, which is home to the largest community of ultra-Orthodox Jews outside Israel.

Acevedo told the Daily News tabloid that he was fleeing a gunman who was trying to shoot at him when his borrowed BMW slammed into a



Nachman and Raizy Glauberman at their wedding on Jan. 17, 2012.  
VOSIZNEIAS.COM/THE ASSOCIATED PRESS

hired car carrying the couple. He told the newspaper he fled because he was worried he'd be killed. But police said there were no reports of shots fired in the area at the time of the wreck.

At an appearance in Pennsylvania, Acevedo told a judge that he had finished the 11th grade, was unemployed and lives in Brooklyn with his mother. **THE ASSOCIATED PRESS**



Julio Acevedo NYPD/THE ASSOCIATED PRESS

## Egypt

### Police strike over pro-Islamist bias

Thousands of low-ranking policemen on strike across Egypt on Thursday refused orders to work and protested what they claim is the politicization of the force in favour of the president's Muslim Brotherhood party.

In another development, upcoming parliamentary elections were suspended after a court order. The ruling said the Islamist-dominated transitional parliament had pushed through a law organizing the vote without allowing the Supreme Constitutional Court to review it. **THE ASSOCIATED PRESS**

## Terrorism. Senior al-Qaida leader to see federal court, not Guantanamo Bay cell

A senior al-Qaida leader and member of Osama bin Laden's inner circle was charged Thursday with conspiring to kill Americans in his role as the terror network's top propagandist, who lauded the attacks of 9-11 and warned of more.

Officials said Sulaiman Abu Ghaith was captured in Jordan over the last week. He will appear Friday at a New York federal court, according to a Justice Department statement and indictment.

The case marks a legal victory for the Obama ad-

## Opposition

Several Republican lawmakers on Thursday said Abu Ghaith should be sent to Guantanamo Bay, where he could be questioned more thoroughly than lawyers will likely allow on U.S. soil.

ministration, which has long sought to charge senior al-Qaida suspects in U.S. federal courts rather than hold them in Guantanamo Bay.

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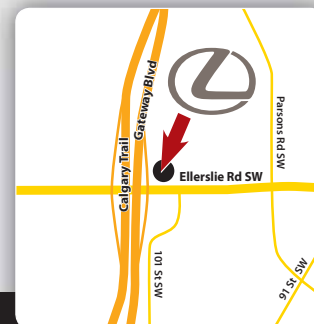
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## Public-sector watchdog

## Border guard mixed with mob

A Canadian border guard had known ties to organized crime, protected his underworld associates and used his own position to evade the law, an investigation by the federal public-sector watchdog has found.

The guard's relationship with organized crime dates back to before he joined the Canada Border Services Agency, an association his supervisors have known about for at least four years, public-sector integrity commissioner Mario Dion reported Thursday.

But it took someone blowing the whistle to Dion's office last year before CBSA launched an internal investigation, which ultimately led to the officer being fired.

The guard had been warned in the past about maintaining his connections to the criminal underworld, but didn't change his behaviour, Dion said in an interview after his report was tabled in the House of Commons. **THE CANADIAN PRESS**

# Polar bear trade ban voted down

## Endangered status.

Inuit claim the ban would have threatened their way of life

A proposal by the United States to ban cross-border trade in polar bears and their parts was defeated Thursday at an international meeting of conservationists, marking a victory for Canada's indigenous Inuit people over their big neighbour to the south.

Delegates at the triennial meeting of the Convention on International Trade in Endangered Species, or CITES, rejected Washington's proposal to change the status of the polar bear from a species whose trade is merely regulated, not banned.

The proposal fell far short of the two-thirds needed to pass, garnering 38 votes in favour, 42 against and 46 abstentions. A similar proposal was defeated three years ago at the last CITES meeting.

While support for most of the meeting's 70 proposals



A wildlife organization representative stands with a stuffed polar bear before voting on a U.S. proposal to change the status of the polar bear to a species — whose trade is banned — at the Convention on International Trade in Endangered Species in Bangkok on Thursday. SAKCHAI LALIT/THE ASSOCIATED PRESS

covering the trade in other species fell along predictable lines, the U.S. proposal made for some odd bedfellows. Russia endorsed Washington's proposal, which was also supported by a cluster of animal humane societies. Canada was joined in opposition by some of the larger conserva-

tion organizations, including the CITES Secretariat and the Wildlife Trade Monitoring Network, better known as TRAFFIC.

The United States had contended that climate change was dangerously shrinking the bears' habitat, and that pre-emptive measures were

needed to save them.

The Inuit contended that polar-bear populations were not declining, and that Canada was regulating the hunting of the bears in sustainable numbers. The tribal group said their livelihoods would be threatened by a ban.

**THE ASSOCIATED PRESS**

## Bear market

## 28,000

The global population of polar bears is estimated to be 20,000-28,000, with about two-thirds in Canada.

## Northern reaction

## A victory for the Inuit

Inuit hunters are celebrating the defeat of a proposal that would have forbidden the cross-border trade in polar bear parts.

But both Inuit leaders and scientists say the fight isn't over and the issue is likely to resurface.

Bear expert Andrew Derocher says Canada can buy itself time by ensuring its bear management includes the latest environmental information, including assessments of shrinking sea ice.

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# Caffeine gives flowers power over bees

## Bee my pollinator?

Study says plants lure honeybees by spiking nectar with memory-boosting ingredient



**Buzzworthy:** A honeybee visits a citrus flower in this undated image. A new study says honeybees get a shot of caffeine from certain flowers that spurs them to return to the same type of plant. GERALDINE WRIGHT/THE ASSOCIATED PRESS

Talk about a caffeine buzz: A new study says honeybees get a shot of caffeine from certain flowers, and it perks up their memory.

That spurs them to return to the same type of plant, boosting its prospects for pollination and the future of the plant species.

Maybe it shouldn't be a surprise that one of the flowers is the coffee plant. Its nectar offers about as much caffeine concentration as a cup of instant coffee, according to researchers.

But some citrus plants serve caffeine too, albeit in lower concentrations. It's found in the nectar of orange and grapefruit blossoms.

The caffeine helps a bee remember that the flower's scent promises a tasty payoff, the researchers said. So the

bee will seek out those flowers, transferring their pollen.

How could researchers tell the caffeine boosts a bee's memory? In an experiment that used lab tools instead of flowers, they trained individual bees to expect a sugary drink when they smelled a certain floral scent. Some bees got nectar-like concentrations of caffeine in their drink; others didn't.

Then after a day or more, they exposed the insects to the

same scent and watched to see if they extended their feeding tubes in response, a sign they were ready to sip. After 24 hours, the bees that had gotten caffeine were three times as likely to remember as bees that hadn't. After 72 hours, they were twice as likely.

The work, by Geraldine Wright of Newcastle University in England and co-authors, was reported Thursday by the journal *Science*.

THE ASSOCIATED PRESS

## Flood study on Mars goes underground

The face of Mars is dotted with a maze of channels, pointing to possible ancient megaflood episodes.

Now scientists peering below the surface have uncovered the first evidence of underground channels apparently created by flooding — a finding that's expected to further illuminate the role of water in Mars' history.

Using a ground-piercing radar sensor aboard the Mars

Reconnaissance Orbiter, a team of scientists created 3D maps of an equatorial region known as Elysium Planitia and the channels that run underneath the plains.

Besides the contributions from rovers and landers, "our view of the red planet has largely been restricted to looking at the surface" from orbiting spacecraft, said lead researcher Gareth Morgan, a planetary scientist at the

Smithsonian Institution.

The research, published online Thursday in the journal *Science*, offers a new perspective below the Martian surface and hints of past flooding at a time when the planet was mostly thought to be cold and desert-like. The channels remained hidden because the once volcanically active region had been filled in by lava flows hundreds of millions of years ago. THE ASSOCIATED PRESS

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Dianna Hanson, 24, was mauled to death by a lion at Cat Haven in Fresno, Calif., Wednesday. THE ASSOCIATED PRESS/PAUL HANSON

## Victim of lion attack adored exotic cats

**Tragedy.** Dianna Hanson was enjoying the internship of her dreams

The intern fatally mauled by a lion at a Central California exotic animal park loved lions and tigers since childhood, was "absolutely fearless" around them and hoped to work at a zoo after her six-month internship, her father said late Wednesday.

"She was at ease with those big cats," Paul Hanson, a Seattle-area attorney, said of his daughter, Dianna Hanson, 24. "They liked her." Hanson told The Associated Press that he dropped his daughter off Jan. 2 at Cat Haven, about 45 miles (70 kilometres) east of Fresno.

"It was just a dream job for her," he said, adding that

she gave him a little tour and showed him the lion Cous Cous, which authorities said killed her.

Hanson said his daughter had worked with big cats before but told him she would not be allowed to go in the lion cage.

On Wednesday, deputies found the woman severely injured and still lying inside the male African lion's enclosure with the lion nearby, said sheriff's Lt. Bob Miller. Another park worker couldn't lure it into another pen, so deputies shot and killed it to safely reach the wounded woman, but she died at the scene, he said.

Investigators were trying to determine why the intern was inside the enclosure and what might have provoked the attack, sheriff's Sgt. Greg Collins said. The facility is normally closed on Wednesdays.

THE ASSOCIATED PRESS

## Miracle dog survives bullet wound

A dog who was shot in the head and left for dead will have a new home at an animal shelter and will become a tail-wagging warrior against animal cruelty.

Orville the dog was found immobile in a ditch on Feb. 24 in Brome Lake, a community in Quebec's Eastern Townships region.

After a few difficult days, Orville stunned his shelter handlers by recovering most of his functions. They have called his

progress a miracle.

The shelter's management has announced in a brief post online today that it wants Orville to tour schools and homes for the elderly.

The shelter in Cowansville, Que., says Orville will become a symbol of the fight against animal cruelty.

Orville is "living proof that cruelty exists and that it must stop," the centre said on its Facebook page.

The shelter's director filed a complaint with police after an X-ray showed that the dog had been shot behind the ear with a .22-calibre weapon.

The shattered bullet can't be removed and will always remain lodged in the head of the two-year-old Australian shepherd.

Quebec provincial police say an investigation into alleged animal cruelty is ongoing. THE CANADIAN PRESS



Australian shepherd Orville was left for dead but recovered most of his functions. THE CANADIAN PRESS

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## Medical examiner

## Pics of unidentified bodies posted on Chicago website

In a controversial decision, the Cook County Medical Examiner's Office in Chicago has begun posting photos of unclaimed dead bodies on its website.

The hope is that this will lead to the identification of the bodies, and in turn, result

in closure for the families.

The site was launched on Wednesday.

Medical examiner Steve Cina says that though some of the images may be graphic, he believes it's a worthwhile practice, even if some people find the methods disturbing.

The website carries a disclaimer that there could be graphic images, some displaying bodies in a somewhat decomposed state. Only a few images display the faces of the dead. **TORSTAR NEWS SERVICE**

## Italy

## Berlusconi convicted in wiretap case

Former Italian prime minister Silvio Berlusconi was convicted Thursday over the illegal publication in a newspaper owned by his media empire of wiretapped conversations related to a bank-takeover attempt.

A Milan court found

Berlusconi guilty of breach of confidentiality and sentenced him to one year in jail, though it did not issue an order on carrying out the sentence. In Italy, it is rare for anyone to be put behind bars pending a possible appeal except in the case of very serious crimes like murder.

The verdict comes after February national elections failed to elect a clear winner. Berlusconi's centre-right coalition finished second.

**THE ASSOCIATED PRESS**



Bolshoi soloist Pavel Dmitrichenko listens in a courtroom in Moscow on Thursday. The star dancer accused of masterminding the attack on the Bolshoi ballet chief acknowledged Thursday that he gave the go-ahead for the attack, but said he did not order anyone to throw acid on Sergei Filin's face. **ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS**

## Bolshoi dancer says he backed beating, but not acid attack

**Moscow.** If convicted, Pavel Dmitrichenko faces up to 12 years in jail

## Why?

Speculation has been rife about other possible motives for the attack. Some claimed that the dancer wanted to take revenge for his ballerina girlfriend after she was turned down for a major role, while others pondered conspiracy theories alleging the involvement of other top figures in the theatre.

Pale and haggard after hours of questioning, a leading Bolshoi dancer told a Moscow court that he gave his blessing to an attack on the ballet's artistic director but never imagined that the assailant would go as far as to throw acid in his face.

The arrest and confessions of Pavel Dmitrichenko, who danced the parts of both heroes and villains in the Bolshoi's famed classical ballets, have dealt a painful blow to the theatre's reputation and left many members of the company bewildered and incredulous.

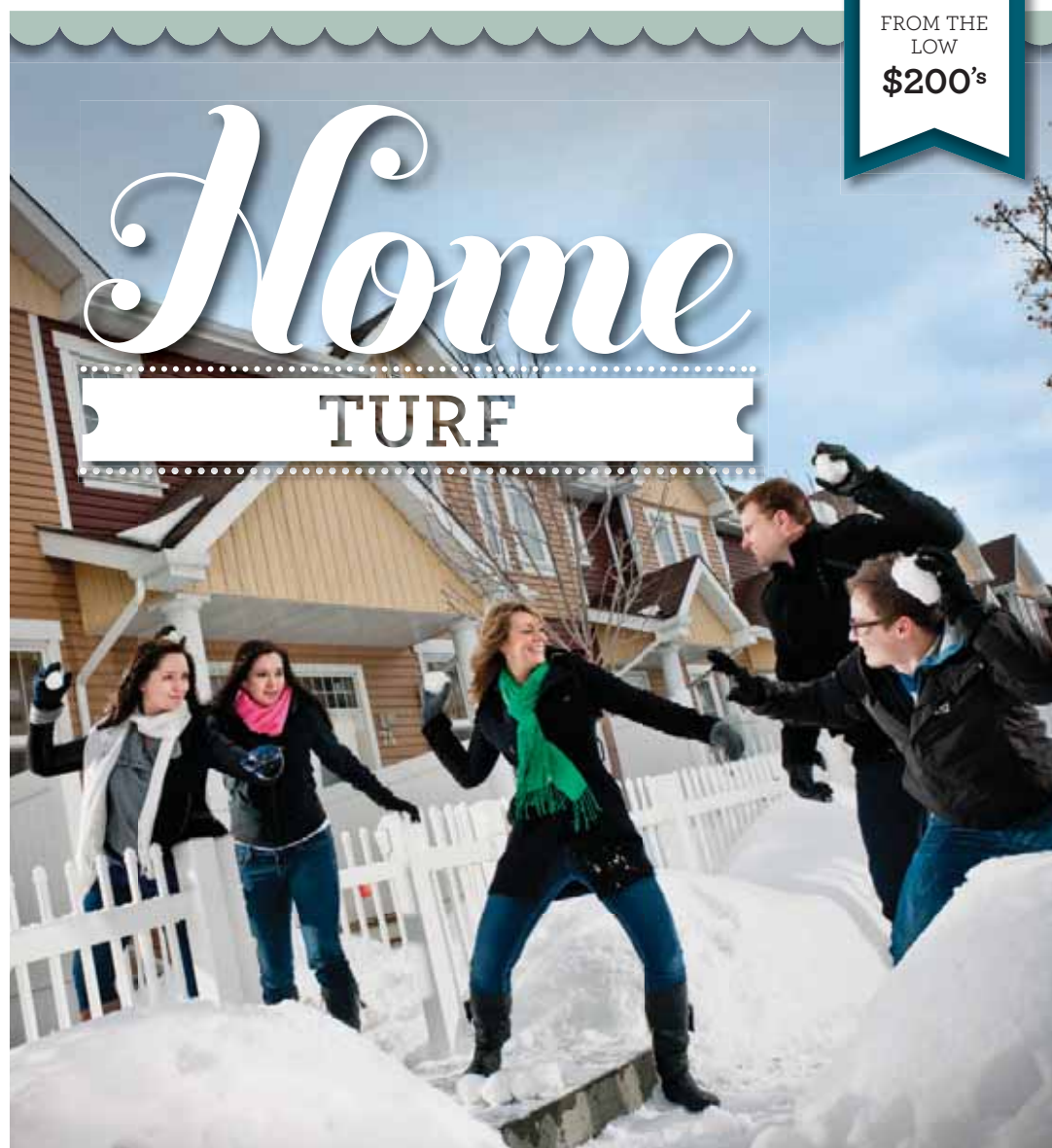
Sergei Filin, 42, suffered severe burns to his face and eyes in the Jan. 17 attack. He has undergone a series of operations aimed at saving his sight.

The 29-year-old Dmitrichenko said his conflict with Filin was focused on the distribution of salaries and other financial issues.

Facing the judge on Thursday, Dmitrichenko said he had told the suspected perpetrator of the attack about his grievances concerning the Bolshoi and his arguments with Filin.

"I told Yuri Zarutsky about the policies of the Bolshoi Theatre, about the bad things going on, the corruption. When he said, 'OK, let me beat him up, hit him upside the head,' I agreed, but that is all that I admit to doing," Dmitrichenko said in court. "It's not true that I ordered him to throw acid at Filin."

**THE ASSOCIATED PRESS**



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# Home

## TURF

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We've made enormous strides in creating a Canada that honours, respects and supports women. That said, not all the battles have been won. Equal pay for work of equal value is not a universal truth, women are still not equally represented in business and politics and UN Women describes violence against women around the globe as a hidden epidemic. Today is International Women's Day, a day to celebrate women's achievements and a day to join millions of people around the world working to make good on a simple promise: a future for women and girls that is safe, healthy and rewarding.

# Go Girls actively nurtures confidence and leadership

**Mentorship.** Big Sisters after-school program teaches girls not to be afraid of who they are

JENNIFER MELO  
For Metro

Something cool happens after school in Toronto and its inner suburbs. Girls join forces to encourage health, self-esteem, confidence and leadership.

Go Girls! Healthy Bodies, Healthy Minds is a group-mentoring program that unites Big Sisters of Toronto and girls, ages 10 to 14. Once a shy newcomer to Go Girls, Grade 7 student Sadhaf, 12, is now a junior mentor in the program and advises Grade 6 girls in sessions. Get ready for some girl talk with Sadhaf and Big Sister mentor Monica Scanlan, 23.

## What's your wish for International Women's Day?

**S:** In every country, for a girl to have a chance to do what they want to do. Girls should try out something new, even if it's different. Even if anyone thinks it's weird. They should try and do what they think is best.



Monica Scanlan, left, and Sadhaf want all women to feel proud on International Women's Day. JENNIFER MELO/FOR METRO

**M:** For any girl, all over the world, to be able to be proud in the person they are and be proud of being a woman. And being able to love themselves ... being able to not criticize themselves for a day and just focusing on the things they have to be proud of.

**How can girls and women support one another?**

**M:** Embrace one another's differences. Avoid competition and comparing ourselves to one another. You should be working together as a team and rooting for one another — taking joy in another woman's success, as opposed to being jealous or bitter about it.

**What's the value of having a female mentor?**

**S:** If it's a girl, then they'll understand more of your questions. She'll probably give out more advice.

**M:** A female role model is someone that you can probably more easily relate to and can aspire to be like.

**What makes Go Girls special?**



Sadhaf and Monica strike a tree lotus pose. JENNIFER MELO/FOR METRO

**S:** It teaches girls to always be themselves, to gain confidence and not to be scared of who they are.

## What lessons did you learn from the program?

**S:** I learned how to receive a girl's heart. I learned how to gain their friendship.

**M:** Every girl has something so unique to offer. And they bring something valuable to the group environment and to their friendships.

**TO LEARN MORE ABOUT THE CANADA-WIDE PROGRAM, TO SIGN UP AS A MENTOR OR OFFER SPONSORSHIP, SEARCH GO GIRLS AT BIGBROTHERSBIGSISTERS.CA**

## Essay

## The other F word

DELIA  
MACPHERSON  
For Metro Canada

### Feminism:

• the advocacy of women's rights on the ground of the equality of the sexes. — Oxford English Dictionary (and Google)

There's a perception among the younger generation that feminism has come and gone. Speeches were made, bras were burned and somewhere in the aftermath equality happened.

My younger brother, a 19-year-old first-year university student, is a feminist by every definition of the word. But he would never call himself one.

Like most educated Canadian youth, he not only believes, but knows, that men and women are equal in every right, with the exception of maybe physical strength. But does it matter if he knows he's a feminist?

As my mother says, "You kids take it for granted," referring not only to a lack of understanding but also the general apathy toward the entire issue of woman's rights and equality.

Part of the non-chalant attitude of youth may be due to the media, where the line between sexist and empowering is not always clear.

Films that depict violence against women are praised. Angelina Jolie's character in Tomb Raider is perceived to be an empowered woman. In reality the plot consists of her working through a tired trunk full of daddy issues in skimpy clothing. Not to mention she says nothing intelligent in the entire flick.

Depending on your views, Jolie's character could be taken as either empowering or sexist.

Or if you're anything like my brother, it would be neither. The thought would never have occurred to him.

Why worry or think about sexism in a world where women and men are equal?



## Watch Status Quo? and see why feminism ain't dead

"We've been so quick to proclaim that 'feminism is dead' while countless women continue to fight against barriers," says Karen Cho, director of Status Quo? The Unfinished Business of Feminism in Canada. Watch the full film this weekend only at metronews.ca. NATIONAL FILM BOARD OF CANADA





# In lean times, startups are an attractive choice for new grads

## Jobless generation.

Canadian youth view entrepreneurship as a way to replace jobs that have all but disappeared since 2008 recession



**TAKARA SMALL**  
takara.small@metronews.ca

Alkarim Nasser has come a long way from his humble beginnings in a cramped office shared with four others in downtown Toronto.

The 27-year-old co-founder of BNOTION, which produces web and mobile applications, spent most of his early days as an entrepreneur hunched over a laptop scanning Craigslist ads for new clients.

"We saw it as low-hanging fruit and hadn't yet created a

name for ourselves" he says. The company, which he helped start after graduating from Seneca College, now boasts a dozen clients including Johnson & Johnson and Samsung.

Stories such as Nasser's weren't unusual at DX3, a digital conference held Thursday in Toronto. They're likely to become more commonplace as Canadian youth look to entrepreneurship to replace jobs that have all but disappeared in recent years.

According to the Canadian Youth Business Foundation, 52,795 people aged 15 to 39 started their own business in 2011 and that number is only expected to grow.

The 2008 recession proved devastating for youth seeking work in this country. The stubbornly high unemployment rate for those aged 15 to 24 is double the national average, forcing a job-hungry generation faced lower or nonexistent



Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts, works on new orders at the 2013 DX3 conference in Toronto on Thursday. TAKARA SMALL/METRO

wages to look elsewhere for opportunities.

Rebecca Basi, 23, sees working for startups as the most viable option for ambitious youth. The marketing co-ordinator for Plastic Mobile, a startup that creates mobile applications, was at DX3 to network. Initially, she turned to small firms to pad her resumé, but now can't see herself working for anyone but startups.

"I feel like if I were to work for a bigger company I would end up having less responsibility and not collaborate with others as much as I do now. Startups give me the ability to be more creative, hands-on."

## Online

Visit [metronews.ca](http://metronews.ca) for more tips from entrepreneurs who attended DX3.



## Startup secrets

- "Tell everyone what you're doing. Entrepreneurs want to keep everything a secret because they're afraid someone will steal it, but no one will, because (in the early stages) it sucks. Get feedback from friends, family, and strangers to turn it into a real business."  
**Nicholas Wiktorczyk**, co-founder of Spently, a cloud-based service that provides interactive email receipts

- "Simple: Don't overthink it, or you'll never get started. If you're too scared, you'll never end up doing anything."  
— **Ethan Do**, founder of OverAir, a wireless technology firm

- "No amount of schooling will teach you how to start a company. You just need to do it. It's not a science where there is a yes-or-no answer."  
— **Adam Jarczyn**, co-founder and CEO of online shopping app Hovr.it

## Market Minute



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**Natural gas:** \$3.59 US (+12¢)  
**Dow Jones:** 14,329.49 (+33.25)

## Airport security

### DHS must release report on scanner safety, judge says

A U.S. federal judge has ruled that the Department of Homeland Security must release two safety reports it conducted in the 2000s evaluating the radiation safety of body-scanning machines. He ruled Thursday that the agency improperly withheld 2006 and 2008 reports in response to a Freedom of Information Act request.

THE ASSOCIATED PRESS

# Feds to auction wireless spectrum

## Not a bad haul

**\$4.3B**

The government raised nearly \$4.3 billion in its last spectrum auction in 2008.

Ottawa is putting highly sought-after spectrum for wireless devices on the auction block later this year in the hopes of fetching at least \$900 million — but likely much more.

The Conservative government is aiming to have at least four wireless players in every region of the country in a bid to help upstarts grab a piece of a market that has been dominated by big companies such as Rogers, Bell and Telus.

"Today, our government is implementing four distinct measures to ensure that Canadian consumers continue to

benefit from more choice in the wireless (sector)," Industry Minister Christian Paradis said Thursday as he announced the Nov. 19 start date for the auction.

The 700-megahertz wireless spectrum, which is up for auction, is considered ideal for use

by new high-speed networks in high-density urban areas and in rural Canada.

It has the ability to allow cellphone calls in elevators, deep in underground parking lots and in tunnels in big cities, and in basements and attics in suburban areas. It also provides better and more affordable coverage in rural Canada because fewer cellphone towers are needed to provide coverage.

At minimum, Ottawa wants to raise \$897,294,000 from the auction. But the wireless spectrum is widely expected to fetch potentially billions of

dollars. The government raised nearly \$4.3 billion in its last spectrum auction in 2008.

"We'd be surprised if it's a lot more than a \$2-billion valuation, \$2.5 billion," analyst Dvai Ghose of investment firm Canaccord Genuity said of the November sale.

"Now two things to remember, which are contradictory: on the one hand, there's much more spectrum that was released last time around ... so there's much less spectrum (now). But the other issue is it's much better spectrum."

THE CANADIAN PRESS

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 #08A6999 2008 Ford Focus SES \$10,888	 #10T0855 2010 Kia Forte EX \$9,888	 #12B0177 2011 Nissan Frontier Crew 4X4 \$21,888	 #11B5176 2011 Ford Fusion \$13,888	 #08T0632 2008 Pontiac G5 SE \$6,888	 #04B7377 2004 Mercedes G55 AMG \$49,888	 #09B4902 2009 Hyundai Genesis 3.5 Sedan \$19,888	 #12B3330 2012 Hyundai Genesis 3.8 GT \$24,888
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# Facebook revamp aims to declutter News Feed

## Spring cleaning.

Makeover will let users customize what they see according to interests

Facebook is trying to breathe new life into its social network with a redesign of its News Feed.

Amid complaints that the company's site has become a jumble of monotonous mus-

ings and random pictures, the overhaul offers new controls that allow people to create streams of photos and other material in organized sections.

With the makeover, which began rolling out Thursday, CEO Mark Zuckerberg hopes to turn the News Feed into something more like a newspaper custom-made to suit the particular interests of each user.

The new features will allow users to choose to see feeds

that may feature nothing but photos or exclusively see posts from their closest friends, family members or favourite businesses.

Or they can just peruse content about music or sports, as if they were grabbing the section of a newspaper. Other newspaper-like changes will include lists of events that their social circles have flagged for the upcoming weekend.

THE ASSOCIATED PRESS

## Outdated formulas

- By adding more personal touches, Facebook is acknowledging that the computer-generated formulas it has been using to determine the content shown to each user have become less effective as the social circles within its network have widened.



Facebook CEO Mark Zuckerberg speaks at the company's headquarters in Menlo Park, Calif., on Thursday. The firm unveiled a new look for its News Feed.

JEFF CHIU/THE ASSOCIATED PRESS

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# THE NOT-SO-SWIFT RESPONSE

**1 Keeping the crown.** Queen Elizabeth II was released from hospital this week after having a stomach infection. The 86-year-old monarch still maintains a demanding schedule, and when asked if she might retire, sources say she chugged back a pint of Guinness and said, "What? And leave things to that putz, Charles?" OK, there were no real sources, but I like to think that's what happened.

**2 Milk and honeys.** Playboy launched the first Hebrew edition of their magazine this week with domestic content including articles by native writers and actual Israeli models. Adult material has always been available in Israel, but never in the holy language. Jewish and Muslim groups both observe strict rules of modesty so newsstand shelves will be covered with a



**The List**  
**Mike Benhaim**  
metronews.ca

sheet.

**3 An email for your thoughts.** An Orwellian prophecy is materializing in Brazil where the actual thoughts of a rat were recorded by electric sensors, and emailed to another in the United States. The rodent receiving the "brain link" amazingly began mimicking the behaviour of his South American cousin. Scientists believe that this may explain the popularity of Snooki and J-Woww.

**4 To boldly go...** Until recently, the Inspiration Mars Foundation team planning the 2018 voyage was perplexed with the dangers of radiation exposure from cosmic rays, but now, they may have a solution. Chief technology officer Taber MacCallum recently announced that human waste can be used as shielding because it contains more nuclei per volume than metal. So the two-

person crew will recycle their own "emissions" which will then be stored in bags to line the capsule, clarifying orders to "get their s-t together."

**5 Swiftly dissed.** Taylor Swift resented the humour of hosts Amy Poehler and Tina Fey at last month's Golden Globes. They kidded her about staying away from Michael J. Fox's son, an usher that evening, meaning that she dates a lot and often from famous families. Not sure if I'm more annoyed that this offended her, or that it took her this long to get the joke.

**6 Thanks, eh?** The first Canadian Screen Awards aired on CBC last Sunday. The show combined two national television mainstays in the Gemini and Genie Awards. The show, hosted by Martin Short, was well-received but possessed the very same ingredient that alienated original audiences: Canadian content.

Follow The Metro List on  
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## ZOOM

### A fire without a flame

Looks like cascading lava

For most of the year, the Horsetail Fall waterfall does not get much attention but for two weeks every spring it appears to turn into lava.

This phenomenon on the rock formation El Capitan in Yosemite National Park, Calif., is an optical effect produced by Earth's angle in relation to the sun and the geographical position of the waterfall. **METRO**

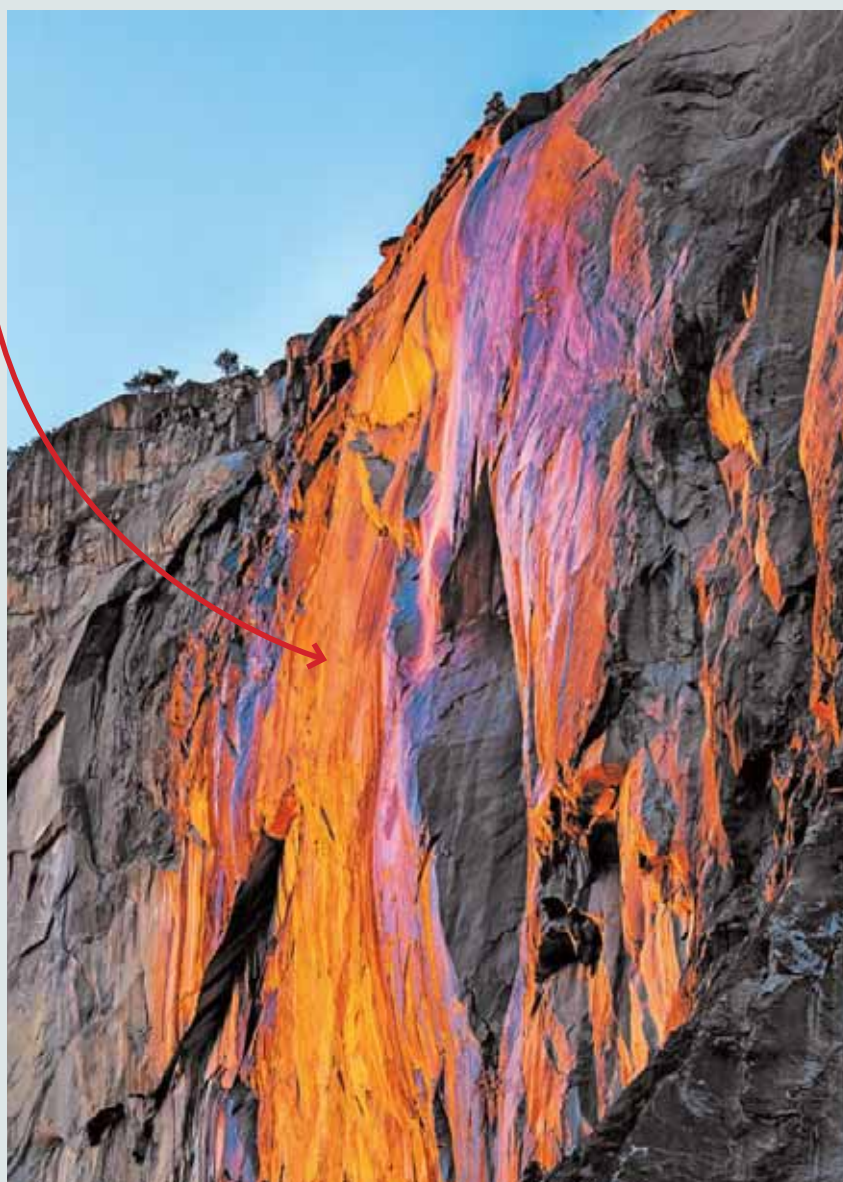
### Man-made fires were tradition

In a bizarre summer-time ritual, rangers at Yosemite National Park used to actually create man-made "fire falls." From the 1870s, burning hot embers were dropped from the top of Glacier Point down to the valley below, a practice performed by several generations of owners at the Glacier Point Hotel. Fire falls were discontinued in 1968 over fire hazard concerns. **METRO**

Free fall

## 650

metres is the total height of Horsetail Falls.



PUTT SAKDHAGOOLO/SOLENT

## Clickbait

**Two scientists attempt to answer the age-old question: cookie or cream?**

### Oreo separating machine

Recently Oreo launched their Separator series online. The first webisode featured an engineer's separator machine that has already been seen more than 3.5 million times. The second episode is also picking up cream. Two Minnesota scientists developed a device that detaches the cream from the cookie and pops the two right in the user's mouth.



## Twitter

**@metropicks asked: If you were in charge of designing Facebook's News Feed, what features would it have? What would you block?**

**@StephanieChan:** I'd block certain people from recklessly tagging you in posts. I don't want my attention drawn to someone's bad art or meme.

**@RkNRollaAyatola:** It would feature zero ads, zero app requests, zero game requests. It would look a lot like my @GooglePlus\_Feed:D

**@TristanCPDT:** no more ads or 'sponsored' stories

**@epickidneyfail:** Ability to block games and game requests and "suggested pages" ads or "sponsored" stories.

**Follow @metropicks and take part in our daily poll.**

## Letters

**RE: Horse as the Main Course, published March 4**

I was horrified by the article on profiling the growing market for horsemeat in Canada, from consumption to exportation.

The article made very brief mention about how the rearing and slaughtering of horses is humane, just like with cattle, which in my view was irresponsible and inaccurate reporting.

The author neglected to comment on the realities of meat production in our country: how intensive factory farms inflict unquantifiable pain and suffering to billions of non-human "food" animals each year.

Farming horses, or any animal, for human consumption is hugely wasteful, unethical and unnecessary to human health.

**Jeff Szmyr, Toronto**

**WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca**



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# Emerging Edmonton Artists!

## Kira Hladun



Edmonton singer songwriter Kira Hladun has some big dreams. A recent graduate of MacEwan University, Kira's making a real name for herself in Western Canada's music scene. She released her second album "Something Like Love" in November at the Westbury Theatre in the Trans Alta Arts Barns.

[www.kirahladun.com](http://www.kirahladun.com)

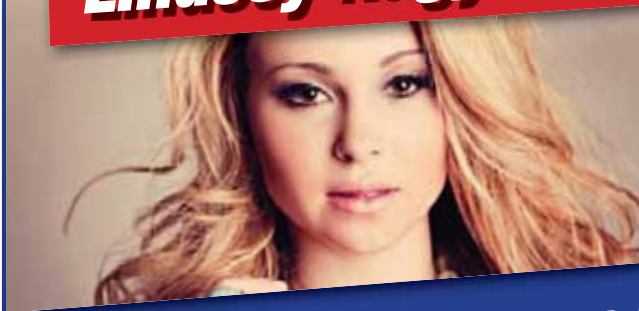
## Falklands

Falklands are a rough and tumble Edmonton band known from Vancouver to Halifax for their loud, hook laden rock 'n' roll. Falklands punk and power pop influences can be heard on their latest album "Cold Favour" which they released at the Wunderbar in Edmonton this past October.

[www.falklands.ca](http://www.falklands.ca)



## Lindsey Nagy



Edmonton singer songwriter Lindsey Nagy is getting her chance to shine. She released her much anticipated debut CD "Proud" in November at the Yellowhead Brewery in Edmonton. Lindsey is known as a versatile performer, captivating her audiences with a soulful R&B style.

[www.reverbNation.com/lindseynagy](http://www.reverbNation.com/lindseynagy)

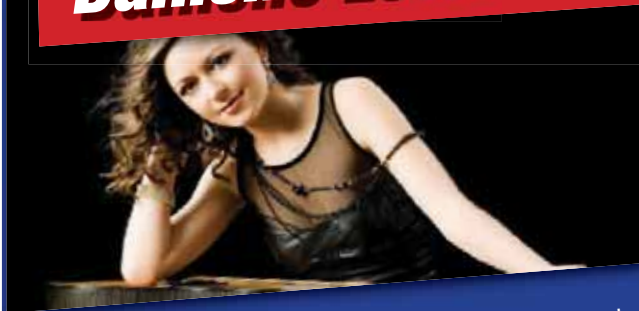
## Jeff Stuart & The Hearts

The latest release from Jeff Stuart & The Hearts, 'Equal Parts Reason And Moonlight' has been described by the Edmonton Journal as "one of the best albums of 2011, a sweeping, silver-screen mix of '60s psychedelic pop, folk-rock and atmospheric electronica with exquisite strings." The Hearts have been winning fans across the country, bringing strong musicianship and a healthy dollop of sonic experimentation to their live performances and have opened for the likes of fabled songwriter Ron Sexsmith.

[www.jeffstuart.com](http://www.jeffstuart.com)



## Danielle Lowe



Edmonton artist Danielle Lowe is one busy gal. This past August she released her latest single 'Patient' for which she's also done a music video. Voted Female Artist Of The Year at the 2012 Alberta Country Music Awards, Danielle keeps up a busy performance schedule. She performed at the Canadian Finals Rodeo in November and in London, England on December 1.

[www.daniellelowe.com](http://www.daniellelowe.com)

## Ten Second Epic

This past year has been an eventful one for Edmonton band Ten Second Epic. They released their fourth full-length album 'Better Off' in September of 2011 and performed at the Edmonton Oilers home opener the following month. Since then the band has been touring relentlessly, playing countless shows in Canada, the U.S., England and Japan.

[www.tensecondepic.com](http://www.tensecondepic.com)





## Synopsis

In *Dead Man Down*, Colin Farrell plays Victor, right hand man to notorious crime lord Alphonse Hoyt (Terence Howard). When a close associate turns up dead with a note clenched in his fist and part of a picture stuffed in his mouth, Hoyt goes medieval on his enemies. Thus begins a twisty-turny story of revenge involving Victor, Alphonse and Beatrice (Noomi Rapace), a former beautician whose face was disfigured in a drunk driving accident. That's all the Reel Guys can say about the plot, however. Telling you anything more would take some of the punch away from the movie.

- Richard: ●●●●●
- Mark: ●●●●●

## Reel Guys

### RICHARD CROUSE AND MARK BRESLIN



Colin Farrell plays right hand man to a crime lord in *Dead Man Down*. HANDOUT

# Wrestling with reality

**Dead Man Down.** WWE Studios' recipe is just not right as they attempt to mix romance and revenge in a Colin Farrell fronted action flick

**Richard:** Mark, this new film from WWE Studios, has something for everyone. It's a new genre that mixes a revenge drama with a romantic subplot — complete with sweeping violin accompaniment. What to call it? A romrev? Maybe a romantic revenge? Either way I suppose it is an action flick for the guys with just enough romance to make it

a date movie as well, but a revenge drama from WWE Studios should be about violence, not violins. Did you buy into the story?

**Mark:** The story was just a framework for the melancholic mood that suffuses the picture. A date movie for depressives, perhaps? Although the story takes place in New York City, the feel of it seems entirely European.

**RC:** The Euro style you noticed makes sense as the movie was made by *The Girl with the Dragon Tattoo* director Niels Arden Oplev. I liked the edgy atmosphere but was troubled by plot holes big enough for Andre the Giant to walk through (this

was, after all, produced by World Wrestling Entertainment). I don't always demand logic, but when you have a story this simple, the characters have to act within their boundaries. It doesn't make them more interesting when they behave erratically, just less interesting and harder to connect to.

**MB:** There were other oddities as well. Rapace's scars earned her the nickname "the monster" but any charitable plastic surgeon could have given her the \$80K pro bono job that would have solved her problem — no need for a hit man. Frankly, F. Murray Abraham's skin was a lot scarier.

**RC:** I liked seeing Abraham.

In fact, I liked a lot of the performances here. Farrell brings his usual brooding intensity to the role of Victor. Rapace's exotic, otherworldly presence nicely complements the film's off-kilter feel — you wouldn't expect the girl with the dragon tattoo to play a passive girlfriend role and she doesn't, up to a point, and Terence Howard is a good menacing bad guy, but the movie's tale of revenge simply isn't sturdy enough to hold the whole thing together.

**MB:** Agree with you about the acting, although the bad guys were pretty generic. With one exception: I thought Dominic Cooper turned in a nuanced performance as Farrell's emotionally charged wingman.

# 2 SCENE

# David Bowie



Listen to David Bowie's new album *The Next Day* for free exclusively until March 12<sup>th</sup> on iTunes at [iTunes.com/Davidbowie](http://iTunes.com/Davidbowie) and pre-order the album now!

LISTEN TO ENTIRE ALBUM FOR FREE



# The incredible Steve Carell talks about the magic of a great comedy

## Burt Wonderstone.

Funnyman flips through the list of the top 100 best comedy movies and tells Metro what tickles his fancy



**NED EHRBAR**  
Metro World News in Hollywood

With titles like the 40-Year-Old Virgin, Anchorman: the Legend of Ron Burgundy and Crazy Stupid Love under his belt, Steve Carell certainly knows his way around comedy. So we wanted to get the Incredible Burt Wonderstone star's take on some of the best comedies of all time and what makes them great, using Time Out London's list of the 100 Best Comedy Movies. Incidentally, only two of Carell's films made the list — Anchorman and Little Miss Sunshine — but he let that slide. OK, here's the list.

### No. 1, This is Spinal Tap!

Well, that's obviously a classic. It broke the mold, and it has been copied so often. Like any great movie or book or play, there's one of these, and you can't replicate it. And it holds up, too. It's a hilarious movie.

### Some Like it Hot?

Yeah, these are all great.

### Groundhog Day?

Man, that's one of my favourite holiday movies. Wow,



The Incredible Burt Wonderstone opens next Friday. HANDOUT

Anchorman is number six! Nice. Monty Python — any Monty Python is great. Annie Hall, Life of Brian, Airplane. I think Anchorman in a lot of ways is like Airplane, in that it's just unrelenting silliness.

### Is there one there that sticks out?

For me? Dr. Strangelove. Number 14? I'd put that on top of my list. I think that movie is terrifying and funny in equal parts and I think that is special. That's an almost impossible feat to accomplish, to create something that elicits such completely diverse responses. And I love Peter Sellers' performances in that movie.

### Do you remember when you first saw it?

I think I saw it in a film class in college. I didn't really know much about it, but it was a movie that changed my perception of comedy in a lot of ways. And Being There, as well. I don't know where Being There is on this list.

### I don't think it's on the list.

It's not? And on the other side, getting away from somebody like Kubrick, you have Mel Brooks, with Blazing Saddles or Young Frankenstein. Young Frankenstein is one of my all-time favourite movies as well. And again, just unrelenting silliness and commitment. I don't know, it's hard to deconstruct it because

you don't necessarily know why something makes you laugh, it just does. And I think the more you deconstruct why it makes you laugh, the less funny it is. For me, I just love letting stuff wash over me and not analyze it too much.

### There's also the repeat viewing factor, films you can watch again and again. Galaxy Quest, for instance, is on this list.

Galaxy Quest! I love that movie too. I just got to work with Sam Rockwell, and the first thing I said to him was, "I love you in Galaxy Quest." He's a great actor, he's done all sorts of fantastic work, but his character in Galaxy Quest... He gets dematerial-

ized and then rematerialized, and he's so freaked out he just stands there screaming? I remember specifically watching it and laughing harder at that than anything that I'd laughed at in a while. It's a really good movie.

### I'm always surprised more people don't love that movie.

These are all great — and for different ways, you know? Planes, Trains and Automobiles — really wonderful performances and connection between John Candy and Steve Martin. And people have tried to do this movie in all sorts of different ways, and you can't. There's sort of a magic to when it works, and I think for some reason a movie

## Burt vs. Burgundy

Toward the beginning of The Incredible Burt Wonderstone, when successful Las Vegas magician Wonderstone (Steve Carell) is at the height of his fame and power, viewers might get a glimpse of Ron Burgundy (Will Ferrell's blowhard lead from Anchorman). Carell acknowledges some similarities, but he insists it wasn't intentional. "I think of them as Casanovas, I think there definitely is a parallel there. But I think that's where the similarities stop," he says. "Ron isn't mean to people. He's not a bad person, and at the point where we find the adult Burt Wonderstone, he's a pretty bad guy. He's a jerk, he's an egomaniac who really doesn't care anymore and is completely burned out with his life and himself."

like Anchorman worked on that level. I don't think we knew it at the time. We knew it was funny. I mean, it was funny to us doing it. And I think when it opened nine years ago or something, people liked it, but over time I think people have liked it more and more. It's sort of grown. But that just seemed to work based on the writing and who was in it and the directing. And the subject matter. It was just ridiculous fun.

## Pocket theatre

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## Growing pains

**"They've really made a lot of advancements, so it's a little bittersweet that you don't get to be there for that, you're part of the kind of older thing now."**

Actor Sean Astin, who starred in the Lord of the Rings trilogy, about the look of the characters in The Hobbit.  
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Fantasy/Adventure



**Oz the Great and Powerful**

Director. Sam Raimi

Stars. James Franco, Mila Kunis

Put up against the 1939 classic, *The Wizard of Oz*, Sam Raimi's *Oz the Great and Powerful* isn't exactly great and certainly not powerful. Sure, the 3D-effect-laden spectacle is effectively engaging, but the familiar story about how an ego-driven carnival magician (James Franco) became the wonderful wiz is simply uninspired. It will surely attract hardcore *Oz* fans, but for most, you'll be thinking somewhere over the rainbow, there must be something better.

STEVE GOW

Drama



**Cloudburst**

Director. Thom Fitzgerald

Stars. Olympia Dukakis, Brenda Fricker

Partners for decades, Dot and Stella make a break for Canada to get hitched so that ailing Dot's family can't kick foul-mouthed Stella out of the family home, after suffering years of her verbal abuse. Based on director Thom Fitzgerald's play of the same name, *Cloudburst* is a sweet and sometimes funny look at what happens when the impossible suddenly becomes possible; in this case, allowing two women to marry. Fitzgerald's script is a tad rote, but Dukakis and Fricker deliver spectacular performances. **IAN GORMELY**

# What would you do if you saw a murder?

**Viral video.** A controversial promo video and social experiment has prompted a discussion around the ethics of viral marketing

**MICHELLE CASTILLO**

Metro World News

What would you do if you saw a man strangling another man in an elevator? Would you step in and help? Would you call the authorities? Would you run like hell?

Some pseudo sociologists-turned-filmmakers decided to test people's reactions to this shocking scenario in an online video called Elevator Murder Experiment.

It's actually an advertisement for *Dead Man Down*, the latest film from the original *The Girl With The Dragon Tattoo* director Niels Arden Oplev (and starring Noomi Rapace and Colin Farrell). The YouTube clip was created by viral video marketing agency Thinkmodo. So far, it has more than 2 million views.

"At no point was anyone in danger, even though it looks like it at some points," Michael Krivicka, co-founder of Thinkmodo and director of the elevator video, told Metro World News. He hoped it would spark debate.

All but one of the reactions were completely real, claims the director, including the guy who uses a fire extinguisher. In order to tie the project to *Dead Man Down*, the last subject — a man who shows up with his dogs and films the murder with his cell



The YouTube video promoting the movie *Dead Man Down*. HANDOUT

phone — was actually an actor.

The staged part mimics a key scene in the film where one main character witnesses another lead character strangling someone to death. She too records the incident on her phone — and later uses it for blackmail.

But many commenters

seem confused, with some saying it could have gone all wrong if a bystander had a gun — or calling it out as a fake. That's OK with Krivicka.

"There is a big difference between advertising and viral marketing," he says.

"A viral marketing video is designed to start conversations around the movie."

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ENTERTAINMENT ONE e one



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21 and Over (18A) Bargain Matinee, Digital Presentation,, Fri-Sun 12:30-3:30-6:20-9:30 Bargain Matinee, Digital Presentation,, Mon 3:30-6:20-9:30 Bargain Matinee, Digital Presentation,, Tue 12:30-3:30-6:20-9:30 Bargain Matinee, Digital Presentation,, Wed-Thu 3:30-6:20-9:30  
The Call (14A) Digital Presentation,, Thu 10  
Dead Man Down (14A) Bargain Matinee, Digital Presentation,, Fri-Sun 12-3-6-9 Bargain Matinee, Digital Presentation,, Mon 3-6-9 Bargain Matinee, Digital Presentation,, Tue 12-3-6-9 Bargain Matinee, Digital Presentation,, Wed-Thu 3-6-9  
A Good Day to Die Hard (14A) Bargain Matinee,, Fri-Sun 1:15-4:15-7:15-10:15 Bargain Matinee,, Mon 4:15-7:15-10:15 Bargain Matinee,, Tue 1:15-4:15-7:15-10:15 Bargain Matinee,, Wed 4:15-7:15-10:15 Bargain Matinee,, Thu 4:15-7:15  
Identity Thief (14A) Bargain Matinee,, Fri-Sun 1:10-4:10-7:10-10:10 Bargain Matinee,, Mon 4:10-7:10-10:10 Bargain Matinee,, Tue 1:10-4:10-7:10-10:10 Bargain Matinee,, Wed-Thu 4:10-7:10-10:10  
The Incredible Burt Wonderstone (PG) Digital Presentation,, Thu 10  
Jack the Giant Slayer (PG) Bargain Matinee, Digital Presentation,, Fri-Sun 12:20 Bargain Matinee, Digital Presentation,, Tue 12:20 Jack the Giant Slayer 3D (PG) Bargain Matinee, Digital Presentation,, Fri-Thu 3:10-6:10-9:10  
The Last Exorcism Part II (14A) Bargain Matinee, Digital Presentation,, Fri-Sun 1-4-7-10 Bargain Matinee, Digital Presentation,, Mon 4-7-10 Bargain Matinee, Digital Presentation,, Tue 1-4-7-10 Bargain Matinee, Digital Presentation,, Wed 10:15 Bargain Matinee, Digital Presentation,, Thu 4-7-10 Oz the Great and Powerful (PG) Bargain Matinee, Fri-Sun 12:10-9:40 Bargain Matinee, Mon 9:40 Bargain Matinee, Tue 12:10-9:40 Bargain Matinee, Wed-Thu 9:40  
Oz the Great and Powerful 3D (PG) Bargain Matinee, Fri-Thu 3:20-6:30  
Side Effects (14A) Bargain Matinee,, Fri-Sun 12:40-3:40-6:40-9:20 Bargain Matinee,, Mon 3:40-6:40-9:20 Bargain Matinee,, Tue 12:40-3:40-6:40-9:20 Bargain Matinee,, Wed 3:40-6:40-9:20 Bargain Matinee,, Thu 3:40-6:40  
Silver Linings Playbook (14A) Bargain Matinee, Digital Presentation,, Fri-Sun 12:50-3:50-6:50-9:50 Bargain Matinee, Digital Presentation,, Mon 3:50-6:50-9:50 Bargain Matinee, Digital Presentation,, Tue 12:50-3:50-6:50-9:50 Bargain Matinee, Digital Presentation,, Wed-Thu 3:50-6:50-9:50

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Dark Skies (14A) Digital Presentation Fri 7:05-9:40 Digital Presentation Sat-Sun 12:45-3:30-7:05-9:40 Digital Presentation Mon-Thu 5:15-8:30  
Escape From Planet Earth (G) Digital Presentation Fri 6:55 Digital Presentation Sat-Sun 1:20-6:55  
Escape From Planet Earth 3D (G) Sat-Sun 4:35 Mon-Thu 5:40  
Hansel & Gretel: Witch Hunters 3D (18A) Fri 7:20-9:45 Sat-Sun 1:20-4:30-7:20-9:45 Mon-Thu 5:05-7:40  
Identity Thief (14A) Digital Presentation Fri 7-9:40 Digital Presentation Sat-Sun 1:10-4:25-7-9:40 Digital Presentation Mon-Thu 5:25-8:10  
Jack the Giant Slayer (PG) Digital Presentation, Sat-Sun 1:40  
Jack the Giant Slayer 3D (PG) Fri 6:50-9:25 Sat-Sun 4:15-7:15-9:45 Mon-Thu 5:35-8:25  
The Last Exorcism Part II (14A) Digital Presentation Fri 7:15-9:50 Digital Presentation Sat-Sun 1:40-4:15-7:15-9:50 Digital Presentation Mon-Thu 5:20-8:05  
Oz the Great and Powerful (PG) Digital Presentation Fri 6:50-9:35 Digital Presentation Sat-Sun 1:15-4:6-50-9:35 Digital Presentation Mon-Thu 4:50-7:55  
Oz the Great and Powerful 3D (PG) Fri 6:30-9:35 Sat-Sun 12:55-3:45-5:30-9:20 Mon-Thu 5:10-8:15  
Safe Haven (PG) Digital Presentation Fri-Sun 9:20 Digital Presentation Mon-Thu 8:20  
Snitch (14A) Digital Presentation Fri 7:10-9:55 Digital Presentation Sat-Sun 12:50-3:35-7:10-9:55 Digital Presentation Mon-Thu 4:50-7:35

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The Evil Dead (STC) Fri 11:30  
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The Impossible (14A) Wed 7

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Argo (14A) Fri-Sun 1:50-4:30-7:15-9:50 Mon 4:30-7:15-9:50 Tue 1:50-4:30-7:15-9:50 Wed-Thu 4:30-7:15-9:50  
Gangster Squad (18A) Fri-Sun 1-4-7:25-9:55 Mon 4-7:25-9:55 Tue 1-4-7:25-9:55 Wed-Thu 4-7:25-9:55  
The Guilt Trip (PG) Fri-Sun 1:40-4:25-7:30-9:50 Mon 4:25-7:30-9:50 Tue 1:40-4:25-7:30-9:50 Wed-Thu 4:25-7:30-9:50  
I, Me Aur Main (PG) Fri-Sun 1:35-4:05-6:55-9:25 Mon 4:05-6:55-9:25 Tue 1:35-4:05-6:55-9:25 Wed-Thu 4:05-6:55-9:25 Jack Reacher (14A) Fri-Sun 1:20-4:10-7-

9:45 Mon 4:10-7-9:45 Tue-Thu 1:20-4:10-7-9:45  
Kai po che! (14A) Fri-Thu 4:15-9:20  
Love Story of Singh vs Kaur (14A) Fri-Sun 1:30-4:40-7:50 Mon 4:40-7:50 Tue 1:30-4:40-7:50 Wed-Thu 4:40-7:50  
Les Misérables (PG) Fri-Sun 1:10-5-9 Mon 5-9 Tue 1:10-5-9 Wed-Thu 5-9  
A Moment in Time (PG) Fri-Sun 1:45-4:20-6:40-9:10 Mon 4:20-6:40-9:10 Tue 1:45-4:20-6:40-9:10 Wed-Thu 4:20-6:40-9:10 Parental Guidance (G) Fri-Sun 1:55-7:05 Mon 7:05 Tue 1:55-7:05 Wed-Thu 7:05  
Rise of the Guardians (G) Fri-Sun 1:25 Tue 1:25  
Rise of the Guardians 3D (G) Fri-Thu 3:55-6:45-9:15  
This Is 40 (14A) Fri-Sun 1:05-3:50-6:50-9:40 Mon 3:50-6:50-9:40 Tue-Thu 1:05-3:50-6:50-9:40  
Wreck-It Ralph (G) Fri-Sun 1:15 Tue 1:15 Wreck-It Ralph 3D (G) Fri-Thu 4:15-7:10-9:35

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The Call (14A) Thu 10  
Dark Skies (14A) Fri-Sat 10:15 Sun-Thu 8:50 Dead Man Down (14A) Fri 1:50-4:40-7:20-10:10 Sat 11:10-1:50-4:40-7:20-10:10 Sun-Thu 1:50-4:40-7:20-10:10  
Escape From Planet Earth (G) Fri 2:10 Sat 11:20-12-2:10 Sun 12-2:10 Mon-Thu 2:10  
Escape From Planet Earth 3D (G) Fri 4:20-6:35 Sat 11:05-4:20-6:35 Sun 4:20-6:35 Mon-Thu 4:20-6:30  
Funny Face (STC) Sun 12:45 Wed 7  
A Good Day to Die Hard (14A) Fri-Sat 1:45-4:15-6:40-9:20 Sun 12:10-4:15-6:40-9 Mon-Thu 1:45-4:15-6:40-9  
Happy Feet (G) Sat 11  
Identity Thief (14A) Fri 1:10-3:50-6:45-9:20 Sat 1:10-3:40-6:45-9:20 Sun 1:10-3:50-6:45-9:20 Mon-Thu 1:10-3:50-6:55-9:30 Wed 3:50-7-9:30 Thu 1:10-3:50-6:55-9:30 Star & Strollers Screening Wed 1  
The Incredible Burt Wonderstone (PG) Thu 10  
Jack the Giant Slayer 3D (PG) Fri 1:20-4:10-7:05-9:50 Sat 11-1:20-4:10-7:05-9:50 Sun-Thu 1:20-4:10-7:05-9:50 Fri-Thu 2:15-5-7:40-10:25  
The Last Exorcism Part II (14A) Fri 12:50-3:10-8:20-10:50 Sat 11:35-12:50-3:10-8:20-10:50 Sun 12:50-3:10-8:20-10:30 Mon-Thu 2:20-5:10-8:10-10:20  
Oz the Great and Powerful (PG) Fri 1-4-5:30-7-9-10 Sat 11-1-4-5:30-7-9-10 Sun 1-4-5:30-7-10 Mon-Thu 1:15-4:15-7:30-10:30 Wed 4:15-7:30-10:30 Thu 1:15-4:15-7:30-10:30 Star & Strollers Screening, Wed 1  
Oz the Great and Powerful 3D (PG) Fri-Sun 1:30-4:30-7:30-10:30 Mon-Thu 2:30-5:30-8:30 Fri-Sun 12:30-3:30-6:30-9:30 Mon-Thu 12:45-3:45-6:45-9:45 Sat 11:15  
Safe Haven (PG) Fri-Tue 1:40-4:25-7:10-9:55 Wed 1:40-4:25-9:55 Thu 1:40-4:25-7:10

Silver Linings Playbook (14A) Fri 12:40-3:40-6:50-9:45 Sat 12:40-3:50-6:50-9:45 Sun 12:40-3:40-6:50-9:45 Mon-Thu 12:50-3:40-6:50-9:40  
Snitch (14A) Fri-Sat 2-4:50-7:50-10:35 Sun 2:30-5:10-7:50-10:30 Mon-Wed 2-4:50-7:50-10:30 Thu 2-4:50-7:25

### Princess I & II 10337 Whyte Ave., 780-433-0728

Amour (14A) Fri 6:50-9:20 Sat-Sun 2:30-6:50-9:20 Mon-Thu 6:50-9:20  
Quartet (PG) Fri 7-9:10 Sat-Sun 2-7-9:10 Mon-Thu 7-9:10

### Scotiabank Theatre 8882 170th St., 780-444-2400

21 and Over (18A) Fri-Sun 1:15-3:35-5:55-8:15-10:45 Mon-Thu 2:20-5:30-8:15-10:45  
The Call (14A) Thu 10  
Dark Skies (14A) Fri-Thu 12:40-3:10-5:40-8:10-10:35  
Escape From Planet Earth (G) Fri-Sun 12:10 Mon-Thu 1:35  
Escape From Planet Earth 3D (G) Fri-Sun 2:25-4:40-7-9:20 Mon-Thu 4:15-7-9:20  
A Good Day to Die Hard (14A) Fri-Sun 12:20-2:45-5:20-7:55-10:30 Mon-Thu 2:30-5:20-7:55-10:30  
Identity Thief (14A) Fri-Sun 12-2:40-5:15-8-10:40 Mon-Thu 2-5:10-8-10:40  
The Incredible Burt Wonderstone (PG) Thu 10 Jack the Giant Slayer (PG) Fri-Thu 1:10-4-7-10-10  
Jack the Giant Slayer 3D (PG) Fri-Thu 2:10-5-7:50-10:40  
Life of Pi 3D (PG) Fri-Thu 12:30-3:30-6:40-9:30  
Oz the Great and Powerful (PG) Fri-Sun 12-3:05-6:45-9:45 Mon-Tue 12:30-3:35-6:45-9:45 Wed 3:50-6:45-9:45 Thu 12:30-3:35-6:45-9:45 Star & Strollers Screening, Wed 1  
Oz the Great and Powerful 3D (PG) Fri-Thu 1:30-4:35-7:45-10:45  
Oz the Great and Powerful: An IMAX 3D Experience (PG) Fri-Sun 12:45-3:50-7:15-10:15 Mon-Tue 1-4:05-7:15-10:15 Wed 12:30-4:05-7:15-10:15 Thu 1-4:05-7:15-10:15  
Safe Haven (PG) Fri-Tue 12:50-3:40-6:50-9:50 Wed 3:40-6:50-9:50 Thu 12:50-3:40-6:50 Star & Strollers Screening Wed 1  
Snitch (14A) Fri-Wed 1:45-4:50-7:30-10:10 Thu 1:45-4:35-7:10

### South Edmonton Common 1525 99th St., 780-436-8585

21 and Over (18A) Fri-Sat 2:20-4:50-7:25-9:50 Sun 11:30-1:55-4:30-7:05-9:30 Mon-Thu 1:55-4:30-7:05-9:30  
The Call (14A) Thu 10:30  
Dead Man Down (14A) Fri 2:25-5:10-7:50-10:40 Sat 11:45-2:25-5:10-7:50-10:40 Sun 11:35-2:15-5-7:40-10:30 Mon-Thu 2:15-5-7:40-10:30  
Django Unchained (18A) Fri 2:55-6:35-10:10 Sat 6:35-10:10 Sun 4:35-8:10 Mon-Thu 12:55-4:35-8:10  
Escape From Planet Earth (G) Fri 2:15 Sat 11 Sun-Thu 12

Escape From Planet Earth 3D (G) Fri 4:45-7:10 Sat 2:15-4:45-7:10 Sun-Thu 2:20-4:45-7:05  
Funny Face (STC) Sun 12:45 Wed 7  
A Good Day to Die Hard (14A) Fri 2:30-5-7:30-10 Sat 11:50-2:30-5-7:30-10 Sun 11:30-2:05-4:50-7:30-10:10 Mon-Thu 2:05-4:50-7:30-10:10  
Happy Feet (G) Sat 11  
Identity Thief (14A) Fri 2:10-4:55-7:40-10:40 Sat 11:30-2:10-4:55-7:40-10:40 Sun 11:45-2:25-5:10-7:55-10:55 Mon-Thu 2:25-5:10-7:55-10:55  
The Incredible Burt Wonderstone (PG) Thu 10 Jack the Giant Slayer 3D (PG) Fri 2:05-5:05-7:55-11 Sat 11:20-2:05-5:05-7:55-11 Sun-Thu 12:45-3:55-7:10-10:05  
The Last Exorcism Part II (14A) Fri 1:15-3:35-5:55-8:15-10:45 Sat 1:20-3:35-5:55-8:15-10:45 Sun-Thu 1:05-3:45-6:50-9:20  
Life of Pi 3D (PG) Fri-Sat 12:30-3:30-6:30-9:35 Sun-Thu 1:20-4:20-7:20-10:20  
Madoka Magica Part 1: Beginnings (STC) Thu 7:30 The Metropolitan Opera: Les Troyens Encore (STC) Sat 10  
Oz the Great and Powerful (PG) Fri-Sat 12:10-3:10-6:15-9:25 Sun-Wed 12:10-3:10-6:10-9:10 Thu 4-7-10 Star & Strollers Screening, Thu 1  
Oz the Great and Powerful 3D (PG) Fri-Sat 12:40-1:10-3:40-4:10-6:45-7:15-9:55-10:25 Sun-Wed 12:35-1-3:35-4-6:35-7-9:35-10 Thu 12:15-12:35-3:10-3:35-6:35-9:35 Fri 1:40-4:40-7:45-10:55 Sat 10:40-1:40-4:40-7:45-10:55 Sun-Thu 1:25-4:25-7:25-10:25  
Safe Haven (PG) Fri 1:45-4:30-7:20-10:15 Sat 11-1:45-4:30-7:20-10:15 Sun-Tue 1:05-4:05-6:55-9:50 Wed 1:05-4:05-9:50 Thu 1:05-4:05-7:15  
Silver Linings Playbook (14A) Fri 1-4-7-10:05 Sat 1:15-4:05-7-10:05 Sun-Wed 1:15-4:15-7:15-10:15 Thu 4:15-10:15 Star & Strollers Screening Thu 1  
Snitch (14A) Fri 2:45-5:30-8:10-10:50 Sat 12-2:45-5:30-8:10-10:50 Sun 11:50-2:35-5:20-8-10:40 Mon-Wed 2:35-5:20-8-10:40 Thu 1:35-4:15-6:55  
Warm Bodies (14A) Fri-Sat 9:30 Sun-Thu 9:25

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21 and Over (18A) Fri-Thu 1:20-3:25-5:15-7:10-9:10  
Django Unchained (18A) Fri-Thu 8:30  
Escape From Planet Earth (G) Fri-Thu 1-3-4:50-6:40  
Identity Thief (14A) Fri-Thu 2:55-5:05-7:15-9:25  
Jack the Giant Slayer (PG) Fri-Thu 1:45-4:30-7-9:20  
Oz the Great and Powerful (PG) Fri-Thu 1:30-4-6:30-9  
Rise of the Guardians (G) Fri-Thu 12:55

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Sherwood Park  
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21 and Over (18A) Fri 4:30-7-9:25 Sat-Sun 2:05-4:30-7-9:25 Mon-Thu 6:45-9:10  
Escape From Planet Earth (G) Sat-Sun 12:15 Escape From Planet Earth 3D (G) Fri 4:55-7:15-9:35 Sat-Sun 2:35-4:55-7:15-9:35 Mon-Thu 6:40-9  
A Good Day to Die Hard (14A) Fri 4:35-7:10-9:45 Sat 11:25-2-4:35-7:10-9:45 Sun 2-4:35-7:10-9:45 Mon-Thu 7:15-9:45  
Happy Feet (G) Sat 11  
Identity Thief (14A) Fri 4:50-7:40-10:25 Sat 11:30-2:10-4:50-7:40-10:25 Sun 2:10-4:50-7:40-10:25 Mon-Thu 7:10-9:50  
Jack the Giant Slayer 3D (PG) Fri 4:30-7:20-10:10 Sat 11-1:40-4:30-7:20-10:10 Sun 1:40-4:30-7:20-10:10 Mon-Thu 7-9:45  
The Last Exorcism Part II (14A) Fri 5:25-7:50-10:15 Sat-Sun 12:40-3-5:25-7:50-10:15 Mon-Thu 7:20-9:40  
Oz the Great and Powerful (PG) Fri 3:40 Sat-Sun 12:35-3:40  
Oz the Great and Powerful 3D (PG) Fri 4:25-6:45-7:30-9:50-10:30 Sat-Sun 1:20-4:25-6:45-7:30-9:50-10:30 Mon-Thu 6:30-7:30-9:30  
Safe Haven (PG) Fri 4-6:50-9:40 Sat-Sun 1:10-4-6:50-9:40 Sun 3:20-6 Mon-Thu 6:50-9:35  
Silver Linings Playbook (14A) Fri 6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Thu 6:35-9:25

### Cineplex Odeon Windermere & VIP Cinemas 6151 Currents Drive NW 780-822-4250

Escape From Planet Earth (G) Sat 12 Sun 1  
Escape From Planet Earth 3D (G) Fri 4:30-7 Sat 2:20-4:40-7 Sun 3:20-6 Mon-Thu 7:20  
A Good Day to Die Hard (14A) Fri 4:30-7:10-9:50 Sat 12:50-3:20-6:50-10 Sun 1:05-4:20-7:20-9:45 Mon-Thu 7:20-9:50  
Identity Thief (14A) Fri 4:20-7:20-10 Sat 12:30-3:40-6:20-9:20 Sun 12:50-3:30-6:20-9:20 Mon-Thu 7:10-9:45  
Jack the Giant Slayer (PG) Fri 4:40-8 Sat 12-3-6-9:30 Sun 1:30-5:10-8:50 Mon-Wed 8:40 Thu 9  
Jack the Giant Slayer 3D (PG) Fri 3:50-6:40-9:30 Sat 1:10-4:10-7:10-9:50 Sun 12:50-4:10-7-9:40 Mon-Thu 6:50-9:40  
The Last Exorcism Part II (14A) Fri 9:20 Sat 9:40 Sun 8:30 Mon-Thu 9:35  
Oz the Great and Powerful (PG) Fri 3:30-6:30-9:40 Sat 12:10-3:05-6:30-9:30 Sun 2:55-0-8:50 Mon-Thu 6:30-9:30  
Oz the Great and Powerful 3D (PG) Fri 3:40-7-10:20 Sat 12:45-3:55-7:10-10:30 Sun 12-3:05-6:15-9:40 Mon-Wed 6:40-10 Thu 8 Fri 4-7:05-10:15 Sat 1-4-7:05-10:15 Sun 12:30-3:50-6:50-9:45 Mon-Thu 7-10  
Quartet (PG) Fri 4:10-6:50 Sat 12:20-2:45-5:10-7:40 Sun 1:20-4:30-7:10 Mon-Thu 6:40  
Silver Linings Playbook (14A) Fri 3:40-6:50-9:50 Sat 12:40-3:30-6:40-9:40 Sun 12:40-3:40-6:30-9:30 Mon-Thu 6:40-9:35  
Snitch (14A) Fri 9:20 Sat 10:10 Sun 9:35 Mon-Thu 9:10  
Zero Dark Thirty (14A) Fri 5:40-9:20 Sat 1:30-5:05-8:40 Sun 12:45-4:20-8 Mon-Wed 7:40 Thu 10

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TV picks

## Timberlake doing double duty on SNL — this week in television

This Friday's edition of CBC's Marketplace looks into how Canadians are consuming too much sodium. The show ran 80 people through tests to see how much salt they were ingesting each day and how it could be impacting their health.

The second season of the reality show Fashion Star kicks off Friday, giving contestants another chance to showcase their clothing designs. Nicole Richie, Jessica Simpson and John Varvatos are mentors on the show while buyers from retailers including Macy's and Saks Fifth Avenue are looking to reward the best designers. (NBC)

Justin Timberlake does double duty tonight on Saturday Night Live. Timberlake, who recently performed some new material at the Grammys, is hosting and performing on the show. (Global, NBC)

The BBC series Ripper Street wraps its first season on Space Saturday with detective inspector Edmund Reid investigating a suspected white slavery ring. Fans will be happy to know that a second season of the



Justin Timberlake is hosting and performing this week on Saturday Night Live. GETTY IMAGES

drama has been confirmed.

CBC's biopic of the late federal New Democratic Party leader Jack Layton airs Sunday with Rick Roberts in the role of the charismatic politician and Sook-Yin Lee portraying his wife Olivia Chow. Jack covers their lives in Toronto politics in the 1980s through to the 2011 federal election campaign and Layton's subsequent death of cancer.

Jennifer Love Hewitt's The Client List is back with a second season, but there's still time for fans to get all caught up. Starting at noon ET/PT on Sunday, Lifetime Canada will air all 10 episodes from the first season leading up to that night's new show.

THE CANADIAN PRESS

# Axes, swords and some fine wine: the civilized side of barbarianism

## The Vikings.

Katheryn Winnick and Jessalyn Gilsig talk about the softer side of Norse warriors

MATT PRIGGE

scene@metronews.ca

The dominant cultural image of Vikings is simple: bearded oafs drinking from skull cups in between fits of plundering.

"People think they were just barbarians with horns on their heads," says Katheryn Winnick, one of the stars of The Vikings, a new docu-dramatic show that premiered last Sunday on The History Channel. "That's completely wrong. They were civilized, intelligent, sophisticated."

Discoveries into the lives of these Norse warriors have unearthed a more complex, even in some ways flattering, view than the romantic portrait prominent in the public's mind. The show is the latest from Michael Hirst, known for his way of turning history — via the two Elizabeth films, The Tudors and The Borgias — into highly



Watch The Vikings in action Sundays on The History Channel. HISTORY CHANNEL

watchable and oft-sexy trash.

But Hirst's talents run deeper than that, just as his show — which tells of Ragnar Lothbak (Travis Fimmel), a real-life Viking badass — isn't only about straightening records.

The most striking aspect is the meaty role women have on the show, specifically Lagertha (Winnick), wife of Ragnar, and Siggy (Jessalyn Gilsig), the Lady Macbeth to Gabriel Byrne's evil lord. Lagertha, a real-life "shield-maiden" (i.e., female warrior), spends the earliest episodes,

at least, at home as her husband sails on an illegal mission.

But that means organizing the community as her husband would and fending off ne'er-do-wells, even by force. (Winnick has a long history in martial arts, and has had a black belt since the age of 13.) "What's great about her relationship with Ragnar was that they were partners," Winnick says. "They were teammates. It was true love."

For Gilsig, best known as hisssable Terri Schuester on Glee, it was a chance to not

only play evil again, but play equally evil to her husband.

"This was a team effort," she says of the two characters. "This is a couple that has come to the highest position you can achieve, and now they have to figure out how to keep it. You have to do that by identifying your enemies and any threat you have, and eliminating them. That can make you unethical and calculated, but it's all in the name of survival."

Actors who lean toward villainous roles will tell you that their secret is playing the character as believing they're in the right, and Gilsig agrees. "Your job as an actor is to always make sense to yourself. Even a serial killer makes sense to themselves."

And while Hirst and her Glee boss Ryan Murphy have obvious differences, they too have obvious similarities.

"Neither (Glee nor Vikings) was written by committee. Neither was responding to network expectations. They were absolutely born of the writer," she explains. "When you have shows written by a single writer it's the greatest feeling because there's such a consistency in the voice and the world. You feel like you can get into step with them."

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# Vintage shop owner steps into the spotlight

## Frock Stars.

New TV series features L.A.-based star-favourite store that peddles couture classics and plenty of fashion history

When Adele wants to make a vintage fashion statement, stylist Gaelle Paul has a go-to source: the cleverly named The Way We Wore shop.

Now TV viewers can peek inside Los Angeles store owner Doris Raymond's 19th- and 20th-century collection that's lured shoppers Anne Hathaway, Katie Holmes and Angelina Jolie, as well as top designers searching for inspiration from the past.

L.A. Frock Stars, a Smithsonian Channel series debuting 8 p.m. EST Thursday, is both a fashionista's delight and a chance to see passion at work with Raymond, who's made finding and selling great old duds a quest for more than 30 years.

"The show is about spreading the gospel of vintage," said Raymond — which translates, for example, to a 1940s jacket with tailoring and fabric that would cost \$1,500 to replicate today but can be had for less than \$200.

Raymond's tidy but chockful shop also has racks of impressive labels including Chanel, Versace, Halston and Gucci, and the stuff of fashion history like the first version of the Diane Von Furstenberg

wrap dress that launched the designer's career.

Those are found above stairs at the shop, to be surveyed by VIPs and vintage mavens who also can ogle — or shell out for — such rare items as an intricately made 1920s dress priced at \$6,000. The ground floor is the "democratic" section, as Ray-

### Quoted

**"It's not like going to a thrift shop. This is a high-end, fully curated vintage clothing store."**

The Way We Wore owner Doris Raymond

mond puts it, with less-pricey garments and accessories.

But even those are likely to be in the hundreds of dollars: "It's not like going to a thrift shop. This is a high-end, fully curated vintage clothing store. It's really picky," said Raymond, who sees her stylish inventory as both art and a link to social history.

The far-from-ordinary garments are what draw stylist Paul and her client Adele, who came in recently on a scouting expedition.

The shop has "designers that I don't know where else I would find them," Paul said, such as James Galanos. "It's just great you can get those designers and their really strong pieces. It's not the average 1950s dress you find in vintage stores."

THE ASSOCIATED PRESS



Doris Raymond at her shop The Way We Wore. THE ASSOCIATED PRESS

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# Billy Corgan, the professional wrestler?

**Ad.** Chicago furniture store taps alt-rock legend for campaign

Billy Corgan might be best known as the frontman for The Smashing Pumpkins. But recently, he's been dabbling in his other passion, professional wrestling.

Fans got a little peek into Corgan's wrestling endeavours through an ad for Chicago furniture store Walter E. Smithe called Billy Corgan's Musical Chairs. The commercial also features some of the wrestlers from Resistance Pro, a professional wrestling promotion company that Corgan started, as well as the singer himself.

Tim Smithe, the chief marketing officer for Walter E. Smithe, came up with the idea for the ad with his brothers. He was confident he could get Corgan to sign on, even though he realized getting the Smashing Pumpkins star was a "long shot."

"I know a 'second cousin' of Billy, and tried that angle a few years ago, and it went nowhere," he admitted to Metro World News.

It wasn't until Smithe and Corgan met on Mancow, a talk show in Chicago, that he was able to make his pitch in person.



Billy Corgan, second from left, steps into the ring for an ad for furniture store Walter E. Smithe. HANDOUT

"There was good, simple chemistry right away, and one thing lead to another during the commercial break," Smithe said.

"And then a few days later, someone from his staff called and said Billy is ready to 'let the wrestling begin.' My brothers and I were thrilled."

Smithe said that Corgan was "chill, intelligent and confident" during the shoot.

"On the set he was down to earth, light-hearted, and loves his wrestling team from the bottom of his heart," Smithe said.

Though there was a script, it was mostly improvised on

the scene. The Resistance Pro wrestlers took on the Smithe brothers for two hours just to get 30 seconds of footage. When his brother Mark Smithe got body slammed, it actually knocked the wind out of him.

Corgan even told Smithe that he didn't shove him hard enough to be realistic during the early takes.

"So I really gave it to him on the take we chose," Smithe said.

Smithe hopes that Millennials who grew up listening to the Smashing Pumpkins will be intrigued by furniture from Walter E. Smithe.

"We use our own brand of humour to create conversations and generate buzz in the marketplace here in Chicago. We believe that through commercials that include pop culture parodies, we have been successful in getting Chicagoans to talk about our brand," he said. **METRO**

**See online**

Watch The Smashing Pumpkins frontman try his talents in the ring, online at [metronews.ca](http://metronews.ca)

## Gangnam. Little Psy follows in 'big brother's' footsteps

The impish boy who showed off his dance moves alongside Psy in Gangnam Style is hoping to go viral, too.

The seven-year-old nicknamed Little Psy is releasing an electro pop song next week through iTunes. The boy, whose real name is Hwang Min-woo, says he wants to gain global fame like his "big brother" Psy.

Sporting a black suit and a sleek haircut, Min-woo performed at a news conference in South Korea on Wednesday. He is the latest recruit in the increasingly global K-pop industry.

Min-woo is a second-grader and his mother comes from Vietnam.

Meanwhile, the big Psy has released a Gangnam Style remix and is continuing his worldwide tour. The video released on YouTube in



South Korean Hwang Min-woo, the seven-year-old nicknamed Little Psy, performs during a concert in Seoul, South Korea on Wednesday. YONHAP/HAN JONG CHAN/THE ASSOCIATED PRESS

July has a record 1.39 billion views. **THE ASSOCIATED PRESS**

### Country music

## ACM Awards announce music performers

Already busy co-hosts Blake Shelton and Luke Bryan also will perform during this year's Academy of Country Music Awards.

The country cut-ups are among the first round of performers announced Wednesday for the annual awards show in Las Vegas. They'll be joined by Shelton's wife, Miranda Lambert, George Strait, Hunter

Hayes and The Band Perry.

Pop star and former American Idol champion Kelly Clarkson, a two-time ACM winner in 2012 and a nominee this year, also will perform as she continues to increase her country profile since moving to Nashville.

The ACM Awards will air live April 7 on CBS from the MGM Grand. Eric Church is this year's top nominee with seven nominations. Hayes is next with six. More performers and presenters will be announced later.

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## Untogether. Blue Hawaii gets cool with brooding full-length album

Blue Hawaii's debut EP *Blooming Summer*, released three years ago, was frozen in a state of sun-kissed bliss, reflecting both a recent trip to Central American paradise undertaken by Montreal duo Alex Cowan and Raphaëlle Standell-Preston, as well as the amorous afterglow that coloured their relationship afterward.

Their brooding debut full-length, *Untogether*, is an entirely different experience, belonging squarely to the bleakness of a cold Montreal winter.

Where their 2010 introduction was a snapshot of a couple still with tropical sand between their toes, the ethereal *Untogether* is about separation; from each other (necessitated by Standell-Preston's touring duties with Braids) and from the fertile, close-knit Montreal scene that has both emboldened and challenged the duo.

"It's a big departure," Cowan agrees over the line from Montreal. "We were feeling very broken about our cultural scene and towards each other and towards a lot of things. It got dark and sad quite quickly."

It got noticed just as swiftly. Where *Blooming Summer* was released quietly to positive, if scarce, critical notice, the electronic duo has cultivated a much higher profile in advance of the release of *Untogether* this week, with praise flowing in from such influential sources as Pitchfork and Fader. For Cowan and Standell-Preston (known as Agor and Raph, respectively), these critical plau-



Blue Hawaii. HANDOUT

### A darker love story

**"It's still a love project, but it's definitely gotten more mental."**

Alex Cowan on how Blue Hawaii's work has changed over the years

aits arrive after more than a half-year of sitting on the completed album.

Assembling the record wasn't exactly easy, either. It was a draining six-month process during which Cowan and Standell-Preston hardly ever worked together directly. Though they were living in the same house, neither was home much. Routinely, one half of the duo would spend a night burrowing into a Blue Hawaii tune and then the other would examine and build on that work later, alone. The solitary nature of that process resulted in an album about distance and alienation, with uncommon musical and lyrical symmetry.

THE CANADIAN PRESS

# Spinning a web to catch a few dragons

## Big break.

Hit-making producer stumbled across Imagine Dragons while searching for sounds for Spider-Man musical

When he first started working with Imagine Dragons, music producer Alex da Kid was looking for some inspiration for the Broadway musical, *Spider-Man: Turn Off the Dark*.

"I thought they would be great to help me come up with ideas for U2," the Grammy-nominated English producer said.

There was just one problem: The demos they recorded were too good.

So instead of using the alternative band to collaborate on the score by Bono and The Edge, Alex da Kid — the creator of Eminem and Rihanna's colossal hit *Love the Way You Lie* — immediately signed the Las Vegas-based foursome to his label imprint KIDinaKORNER Records, distributed through Interscope Records.

Imagine Dragons released its debut album *Night Visions* in September and so far has reached gold status, selling more than 600,000 units, according to Nielsen SoundScan. The band current-



Imagine Dragons' album *Night Visions*, which debuted last September, has hit gold status. THE ASSOCIATED PRESS

ly has two songs in the top 25 with *It's Time* and *Radioactive* and they are on a sold-out U.S. tour that wraps June 3 in Phoenix, AZ.

Imagine Dragons had been building a buzz on the music scene as an independent act before Alex da Kid got hold of them. They released four EPs and toured America. Lead singer Dan Reynolds said the group was "dead set" on being an independent act.

### Identity crisis

**"We didn't feel like we were ready as a band. We didn't understand our sound enough."**

Imagine Dragons frontman Dan Reynolds

"We had offers from those labels all throughout the years and we turned them down," he said.

"It was so important that we built that organic, independent fan base."

Meeting Alex da Kid, born Alexander Grant, changed his perception about staying independent. He says the producer filled a void in the band's sound.

"(Alex) was the perfect match for what we had been trying to do for three years," Reynolds said.

THE ASSOCIATED PRESS

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## 3 songs for the weekend



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### Ingenue/Atoms for Peace

The band featuring Thom Yorke that isn't called Radiohead has a new album called AMOK. You know that old saying "Dance like no one is watching?" That's what Thom's doing in the official video.



### How Soon is Now/Johnny Marr and Ron Wood

An ex-Smith and a current Rolling Stone perform a classic live that the Smiths could never pull off because of technical challenges with the guitar bit.



### American Boy/ Kombinaciya

Before the Soviet Union dissolved they had their own pop and rock ecosystem. This is the best Soviet song you've probably never heard.

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# The Valiant return of Dr. Mirage

**Shadowman.** The character who debuted in 1993 is back as Dr. Shan Fong

It's no hallucination: Dr. Mirage has returned to Valiant Entertainment, though the paranormal detective is decidedly different.

Appearing in *Shadowman* No. 5 — which came out Wednesday — the popular character who debuted in 1993 is presented anew as Dr. Shan Fong, a dedicated and detailed investigator who talks to spirits in a bid to solve human crimes.

"The low key intro is about readers getting to know her," said *Shadowman* designer and artist Patrick Zircher of Fong's first appearance. "Hopefully they like what they see and there'll be plenty of adventures to come."

Valiant said Tuesday that the contemporary Dr. Mirage is similar to the previous incarnation, a man named Hwen Mirage, whose exploits with wife Carmen Ruiz ran for 18 issues



Dr. Shan Fong plays Dr. Mirage, a dedicated and detailed investigator who talks to spirits in a bid to solve human crimes. VALIANT COMICS/THE ASSOCIATED PRESS

in *Second Life of Doctor Mirage* — but, added Zircher, her powers are more steeped in Asian mysticism.

"Dr. Mirage's return is part of Valiant's ongoing plan to ex-

pand its universe of characters and she's a natural fit for the supernatural and mystic stories taking place in *Shadowman*," he said of the new issue. It was written by Justin Jordan with

art by Zircher, Lee Garbett, Stefano Gaudiano and Roberto Delatorre, and sees *Shadowman* take on the Lord of Cemeteries.

While she doesn't have a big appearance in the book, yet,

Zircher said it's just the beginning.

Dinesh Shamdasani, Valiant's chief creative officer, said Mirage's reintroduction is part of a larger story that involves



The cover of *Shadowman* No. 5. THE ASSOCIATED PRESS

the entire Valiant universe.

"Since the Summer of Valiant, we've been slowly building towards several key events. You can see the first of these events this April in *Harbinger Wars*, where *Bloodshot* and *Harbinger* collide," he said. "The return of Dr. Mirage is part of that plan — part of setting the stage. Dr. Mirage is a key piece in the future of the Valiant universe and the timing of the return, as well as the manner, is no accident." THE ASSOCIATED PRESS

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**metro**



# Happy endings are here again on The Client List

## Jennifer Love Hewitt.

Titillating premise of Lifetime show ensured its survival for a second season, starting Sunday

Jennifer Love Hewitt was not opposed to taking on a character who dabbles in "happy endings," knowing TV viewers would recognize that that's not what the show, *The Client List*, is really about.

The 34-year-old actress plays Riley Parks, a single mom who finds work in a Texas day spa after being abandoned by her husband. Faced with paying off a mortgage and with two young



Jennifer Love Hewitt stars in *The Client List*. THE CANADIAN PRESS

children to raise, she resorts to boosting her income by providing illegal "extras" to some of the spa regulars.

The titillating premise of

the show—back for a second season Sunday on Lifetime—gained some notoriety when it first launched. A nationwide campaign by licensed massage therapists even tried to have the series shut down.

All of this helped massage the show's ratings, and the U.S. Lifetime cable channel quickly ordered a second season.

"Initially, there were some massage therapists who were upset that we were saying bad things about the massage industry," says Hewitt from the Los Angeles set of the series. "Now, not so much. Now I get tweets saying, 'I wish I could be a massage therapist.'"

*The Client List*, however, is no soft porn programme. The focus is on Parks's struggles as a single mom. THE CANADIAN PRESS

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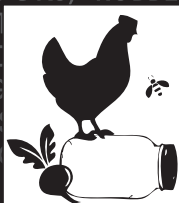
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If I had only one gift to offer you it would be STILLNESS. Will you accept it?



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Every now&then there is a Hollywood Tour Bus outside my house. But they keep saying, "this is where David Schwimmer lives".

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



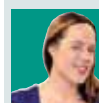
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A lot of folks have been asking about the Next Hulk. The next time you see my Hulk it will be in the Avengers2. No plans for stand alone.

The Word



## No marble bathtubs for Swift



THE WORD

Dorothy Robinson  
scene@metronews.ca

Poor Taylor Swift has come under a lot of fire this week for recent statements in this month's issues of Vanity Fair and InStyle U.K.

She started a virtual firestorm when she said she didn't appreciate Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes by saying, "You know, Katie Couric is one of my favourite people. She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who don't help other women.'" (Note to Swift: Fey and Poehler are bulletproof; everyone will always take their side for all of eternity. You cannot disparage them to the press, even if you are right).

She then comes across as rather entitled in the latest issue of InStyle U.K. about the hardships of being one of the most famous women on the planet. "I don't wanna end up being awful and intolerable. Alone. Laying in a marble bathtub by myself, like sad, with a glass of wine just complaining that my life ended up alone because I pushed everyone away because I thought I was too good to hang out with anybody," she says. "The typical Hollywood cliché of the poor lonely starlet with no one because she put up all these walls and didn't trust anyone. That's my fear. And that's why I live my life the way I live my life because I'd so much rather feel everything than end up like that."

Isn't Taylor Swift so famous because she's transparent and her 23-year-old life isn't presented through the sheen of a publicist's spin? What happens if, tired from all of the recent backlash, she decides to zip it up and become as boring as every other starlet out there? That would be a giant shame.

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Jake Gyllenhaal

## Gyllenhaal gets spun right round, baby, right round—by a model

Jake Gyllenhaal has a new lady in his life, and he reportedly met her in a spin class.

Gyllenhaal and Sports Illustrated swimsuit model Emily DiDonato have been dating “for a month or two,” a source tells Us Weekly. The

pair met at New York’s Spin Cycle exercise studio, where Gyllenhaal has been known to work out whenever he’s in the city. “He’ll hop on the instructor bike,” the source says. “He loves the attention from the girls.”



Demi Moore ALL PHOTOS GETTY IMAGES

## Demi files divorce papers 16 months after separation

Demi Moore is finally filing divorce papers to end her marriage with Ashton Kutcher, according to Page Six.

The news comes 16 months after their initial separation — and three months after Kutcher’s

own filing. So what was the holdup?

A source claims Moore had been trying to reach a confidential settlement with Kutcher about his income but has given up on the negotiations.



Pete Townsend

## Townsend was in ‘rock star mode’

Pete Townsend is looking to make amends after apparently swearing at a seven-year-old girl and her parents during a recent concert in Hamilton, Ont.

“Apologies and condolences from my side, and very best wishes to you and your family,” Townsend wrote in a letter. “I was in rock star mode, the big mouth.”



Selena Gomez

## Life after Bieber: Selena Gomez doesn’t date much these days

Selena Gomez admits that she hasn’t had that active of a love life since her split from Justin Bieber, and apparently she doesn’t get “asked out a lot,” she tells Harper’s Bazaar.

“And when I actually look presentable, I’m at an awards show. It’s not like I’ve wanted to go out and

look for someone. I’m not really good at that.”

Gomez admits that life with Bieber was made more stressful because of all the paparazzi attention. “But that’s not a factor for me because unfortunately you can’t control that,” she says.



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## Liquid Assets

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It doesn't matter if you're a novice or an aficionado, falling into a wine rut can happen to the best of us. What I mean is losing that drive to discover new wines and getting trapped in the drudgery of drinking the same old thing.

There's something comforting about knowing what you're going to find in your glass. And the more familiar the liquid, the less stressful the buy.

If you really love wine though, you're going to have to break out and experiment if you're ever going to expand your horizons. And there's no better way than drinking from an unfamiliar country.

While Portugal isn't exactly undiscovered (it's been pumping out the world's best fortified wines for centuries), it has languished in Spain's shadow.

José María da Fonseca's 2010 Periquita (\$7.95 to \$11.99) is a good bottle to help you get acquainted.

This balanced, dark-berried red has Mediterranean flair and a price tag that's easy on the wallet.

Six months aging in oak provides it with more than enough structure to match with your favourite meaty pasta dish. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



Forget the oven, this slow-cooker recipe will impress all lasagna lovers. GAV MARTELL OF YUMMYMUMMYCLUB.CA

# A slow-cooked cheesy and meaty sensation

**Slow-Cooker Lasagna.**  
All the delicious flavour of the Italian fave, none of the oven

**GAV MARTELL**  
YummyMummyClub.ca

I was a bit hesitant the first time I made lasagna in my slow cooker. Would the noodles be too mushy? Would it stand up to the oven-baked lasagna that my family knows and loves?

I'm happy to say that this has now become our go-to la-

sagna recipe and my kids insist it makes it onto our meal plan each and every week.

1. Heat olive oil in a pot over medium heat. Add fennel, give it a stir then add beef, salt and pepper. Cook until the meat is browned, about 10 minutes. Add tomato sauce and water and bring to a simmer.

2. In another bowl combine the ricotta, parsley, salt and pepper. Set aside.

3. Spread a thin layer of the sauce on the bottom of the slow-cooker. Cover the sauce with a single layer of uncooked

lasagna noodles, breaking the noodles as needed to fit. Spread about 1/4 of the ricotta mixture over the noodles. Top with a thin layer of the sauce, then sprinkle with about 1/4 of the mozzarella and Parmigiano-Reggiano.

4. Repeat layering 3 or 4 times. Top with a final layer of noodles, sauce and a sprinkling of mozzarella and Parmigiano-Reggiano.

5. Cover and cook on low until cooked through, about 4 hours. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

## Ingredients

- 1 tbsp olive oil
- 1 pinch fennel seeds, crushed
- 1 lb lean ground beef
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups tomato sauce
- 2 cups water
- 1 lb ricotta cheese
- 2 tbsp chopped fresh parsley
- Kosher salt and pepper, to taste
- 1 box (about 18) lasagna noodles (Do not use no-cook noodles)
- 4 cups mozzarella, grated
- 1/2 cup Parmigiano-Reggiano cheese, finely grated



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### Classic blues

Have you ever thought of mixing the sounds of gritty blues with more high-brow classical chamber music? It may not sound like a fit, but Corky Siegel Chamber Blues should make a believer out of you this weekend. For some 40 years, Corky has pioneered a genre that is raw and innovative — and it's a rare treat for E-town audiences. See him do his thing Saturday at 7:30 p.m. at Festival Place in Sherwood Park. Tickets are online at [festivalplace.ab.ca](http://festivalplace.ab.ca).



### A Belgian beer dinner

If you haven't taken in the popular Continental Treat Fine Bistro on Whyte Avenue, now's a great time to do so. The European eatery hosts a beer and food pairing dinner Tuesday, and the \$85 price tag doesn't sound steep when you consider the offerings: a pale amber ale with white barszcz soup, and a blonde Abbey Ale with rack of lamb — there's a specialty cheese pairing too, plus a guest speaker and jazz band to round out the tasty-sounding evening. Call 780-433-7432 for tickets.



### Give me a W...E...M...

Here's a way to get the pulse racing on your next visit to West Edmonton Mall, one that doesn't involve a terrific sale. The Alberta Cheerleading Association brings the Total Spirit Championships to the Ice Palace Friday to Sunday. It's a gathering of 180 cheer teams of all levels, ages and divisions from across Western Canada, and it's sure to put some pep in your step. Or to make you feel old and tired, as the case may be. No charge to watch. Meet you at the food court, kids.



### Movement, mime, more!

It's a celebration of movement — organic, interactive and a sometimes raw work-in-progress — at the Expanse Movement Arts Festival, a mix of modern dance, aerial and circus art, mime, music and more. Don't be surprised if a roving accordion player gets you moving in the lobby of the Arts Barns. It all runs through Sunday in Old Strathcona at the Westbury Theatre — prices range from free to \$15. There's even some two-for-one student ticket offerings — totally affordable! [fringetheatre.ca](http://fringetheatre.ca).



### Jazzy cinema

Have you thought of silent films set to jazz music? Me neither, but it promises to be a sexy and sophisticated proposition Friday in St. Albert when the Hot Club of San Francisco presents Cinema Vivant. Think Paris of the 1930s — a mix of rare silent film and vintage gypsy jazz sounds courtesy of a lush seven-piece ensemble. Who'd have thought? Be adventurous, or just be driving to the Arden theatre for 7:30 p.m. A \$40 ticket provides a rare night, indeed. Call 780-459-1542.



### In celebration of women

I like a varied menu at my festivals, and I don't mean the grub. A little music, some art, theatre — it's an entertainment smorgasbord along the arts-focused Alberta Avenue (118 Ave) for Skirts Afire herArts Fest, through Sunday. It's the first year for this women-focused event, one that celebrates and showcases women in theatre, dance, literature and more. All performances are by donation, so it's an affordable weekend outing! See the full schedule of events at [skirtsafire.wordpress.com](http://skirtsafire.wordpress.com).

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If you're a walker, add in some sprinting. Short spurts of sprinting will wake up your walking workout, increase your calories burned by 100 or more – and get you finished faster! Set short goals for yourself – to the tree in the distance, to the next hydro pole, to the end of the intersection. Then increase intervals as your fitness improves.

Skipping is a fun way to shed calories – 100 calories or more for every 10 minutes you can skip. It's also a great way to keep your heart, lungs and bones strong. It's a pretty intense workout, so combine skipping with intervals of marching or twisting on the spot.

Trouble with your knees or suffering from sore feet? There are forms of exercise suitable for anyone. For most people with chronic problems like these, swimming is the best choice. Even if you don't know how to swim, walking in the pool is easy on the joints – the more you're submerged, the better the workout, so try and walk in water that's shoulder depth.

No time for a workout? You can still knock off some calories with daily activities. Skip the elevator and hike up the stairs at work. Keep your walking brisk – anytime you're walking, move as quickly as possible. Walk to the store and carry your groceries home instead of driving. Cut the grass or wash and vacuum floors – household chores are great calorie burners! Even laughing is a great way to knock off those calories – about 10 calories for every minute you laugh during the day.

Be mindful of how much time you spend sitting. Try and stay active even during times you might normally sit – walk while you talk on the phone, get up and move frequently while you're working at your desk, cut back on the number of hours you watch television and fill the time with active pursuits like walking the dog.

## A BALL OF FUN AND FITNESS

Exercise balls – also called stability balls – are amazing fitness tools, and lots of fun to use, too. They're inexpensive

and don't take up much space in your house or office.

Start by replacing the chair at your desk for periods of time each day with your exercise ball. Note: make sure you get the right size ball for your height. You should be able to sit with your feet flat and your knees at a 90-degree angle.

Unlike the name would suggest, when you sit on the ball, it's the instability that drives you into proper spinal posture, as that's the easiest position for staying balanced on the ball. Ultimately, this creates stronger core (back and abdominal) muscles and decreases back discomfort. And you can up the fun and fitness factor with a little bouncing around every now and then!

The unsteadiness of the ball adds more challenge to regular exercises too. To work your abs, lay on your back on the ball and do some sit-ups straight up and some twisting from side to side as you lift. Up your game and try this version: lay flat on the floor with the ball in your arms behind your head. As you sit, lift the arms and the legs and transfer the ball, placing it between your ankles; lay back down with the ball between your ankles, then repeat and transfer the ball back to your hands.

For arms, do push-ups resting your shins on the ball and placing your hands on the floor. Or try this one: sit on the ball with legs wide and feet flat and well forward. Place your palms on the ball behind and beside your hips; roll the ball forward until your arms are supporting your weight, then roll back.

Most fitness buffs want to add some cardio to their workout. On the ball, you can sit while you jog out your legs, lifting one knee at a time. Also try sitting jacks (jumping jack movements while you sit on the ball) and twisting (move arms to one side and legs to the other, then switch sides, while you bounce sitting on the ball). The beauty of this workout is the core work you get while your heart is pumping – and you're burning calories.

As always, make sure you finish up your workout with some stretching. Stand up holding the ball and tipping to each side for a great upper-body stretch. Lay on the ball on your stomach, touching the hands and feet to the floor; repeat on your back. Both positions are great stretches for core muscles. Sitting on the ball, place the outside ankle of one foot on the thigh of the opposite leg, then drop the upper body forward to stretch the hip. Sit on the floor and place heels on the ball as you lean forward to stretch the backs of the legs.

There are loads of other great ideas online to keep you "ball fit" – so grab a ball and give it a go!

Exercise balls are quite inexpensive to buy and range from about \$10 to \$20.

They are available in a variety of colours from silver to hot pink and generally, can support someone up to 135 kg. Check out your local department store or fitness shop, or try the fitness equipment section of classified ads for a gently used exercise ball.

## GET FIT ANYTIME, OR ANYWHERE

Most of us try and squeeze in exercise whenever we can. Whether it's early in the morning, during your lunch hour, right after work or later in the evening, here are some tips to help you get the most out of your workout.

Perhaps the easiest time of day to exercise is early morning, when most people feel energetic and alert. If getting up that extra hour early to exercise seems daunting, turn off the television and go to bed early enough to ensure you're getting eight hours of sleep with time to fit in exercise before work.

Next, find a workout that suits early-morning fitness. You may not feel like heading off to the gym, but heading out for a quick run while you listen to some favourite tunes, working out to your favourite exercise DVDs or stretching out with some yoga sun salutations might be just the right thing – simple, yet effective.

Enlist a friend or family member to join you for motivation. It's so much easier to get up and out in the morning with someone else who needs an exercise mate.

Finally, eat a good breakfast after you're done. Knowing there's a delicious, wholesome meal at the end of your workout will help keep you motivated – and get your day off to a healthy, nutritious start.

But what if you just can't pull it together in the morning? Then turn lunch time into power hour! If you're not close to gym, lunch hour is a great time to do a little walking, running, biking, inline or ice skating. Dial up the intensity so you can get a good workout in a shorter period of time.

They key to lunchtime fitness is organization. On workout days, be ready with everything you need: workout clothes, toiletries, a towel (if you plan to shower) and a lunch to eat at your desk after you're done (not before your workout). Have a lunch that's lower fat and easy to digest, and include a couple of nutritious snacks to eat late morning and mid-afternoon. Be sure to replenish your fluids by having water at your desk throughout the day.

Even if the day is over and dinner is behind you, you can fit in a workout. You may still have time to run to the gym (you can be sure the gym will be quiet

at night!) or head out for a jog, but if the hour is late, there are plenty of ways to get fit at home. The easiest is to pop in a DVD, but noise might be a factor; if that's the case, keep it quiet and lower intensity – grab your earbuds and listen to some favourite tunes while you do some push-ups, sit-ups, planks, lunges and leg lifts. Use some hand weights if you have a pair on hand. And if you just don't feel like you've exercised without some cardio, run up and down the stairs or jog on the spot.

Maybe you want your evening workout to be calming and relaxing, in which case, consider yoga or Pilates – the strength and flexibility benefits are essential to a good fitness regimen. Regardless of which routine you choose for an evening workout, know that research suggests that exercising at night shouldn't interfere with your sleep. If you feel invigorated, just soak in a nice warm bath and have a hot cup of herbal tea or warm milk before heading off to bed.

So when is the BEST time to work out? The American Council on Exercise recommends that you should exercise whenever it feels best for you. Fitting exercise into your day at any time that works is the important thing.

## FIVE FUN WORK- OUTS TO TRY

Having trouble sticking to an exercise program? Shake up your routine and get fit with one of these trendy new workouts.

**Dance workouts:** Get lean and strong with a blast of cardio, dance style. From Zumba and belly dancing, to Bollywood and ballroom, dancing is a high-energy, heart-healthy way to burn calories.

**Swing yoga:** Hang from a silk parachute swing suspended from the ceiling. Then flip completely upside down and let the swing support you as you do a handstand. It's a great way to promote flexibility, mobility, circulation and relieve tension.

**Boot camp:** Sound scary? These gruelling workouts are hot, hot, hot when it comes to scorching calories and it's the ultimate when it comes to a good sweat, making it one of the most popular workouts out there.

**Body weight training:** No equipment needed, just the weight of your own body. It's back-to-basics resistance training like push-ups, sit-ups, planks, squats and pull-ups. A great way to get fit – and it's free!

**Combo workouts:** Yogalates (yoga + Pilates), Piloxing (Pilates + boxing), CycleAbs (cycling + abdominal exercises) and more – get efficient about exercise with programs that mix the benefits of your favourite workouts.



# Howard burns Oil as Red Wings win in a shutout

**NHL.** Detroit goalie stops all 22 Edmonton shots, while Kindl, Emmerton, Abdelkader provide the offence

The way the Detroit Red Wings have been playing, it was only a matter of time before Jimmy Howard ended up with a shutout.

Howard made 22 saves, and Jakub Kindl and Cory Emmerton scored in the second period to lift the Red Wings over the Edmonton Oilers 3-0 on Thursday night.

Detroit has gone five games without allowing a goal in the first or second period, and Howard blanked Edmonton in the third as well for his second shutout of the season.

"I think we're playing really well as a team right now. We're doing a lot of great things," Howard said. "When you work

## Quoted

**"You cannot stop playing for 10 minutes against the Detroit Red Wings and expect to get points."**

Oilers head coach Ralph Krueger

On Thursday

3

Red Wings

0

Oilers

hard and you pay attention to detail, good things happen."

Justin Abdelkader's empty-net goal put the game out of reach.

Howard made 36 saves in a win Tuesday against Colorado, but coach Mike Babcock wasn't all that impressed with his team's overall performance that night. The Red Wings were sharper defensively against Edmonton and took control in the second period, when they outshot the Oilers 15-7.

Detroit is 10-0-1 in its last 11 regular-season games against Edmonton.

The Oilers are 0-3-1 in their last four games overall.

After a scoreless first period — a shot off the crossbar by Detroit's Kyle Quincey was the only noteworthy moment — the Red Wings looked a bit more energized in the second.

Jordin Tootoo fought with Edmonton's Mike Brown early in the period, and Kindl opened the scoring less than a minute later. Kindl was caught



Edmonton Oilers forward Nail Yakupov skates away after a goal by Detroit Red Wings centre Cory Emmerton on Thursday in Detroit. The Red Wings defeated the Oilers 3-0. DUANE BURLESON/THE ASSOCIATED PRESS

between two Oilers when he managed a shot that slipped through goalie Devan Dubnyk and trickled across the line for a 1-0 lead.

The worst was still to come for Edmonton.

"They dominated us for 10

minutes after that and then they got the 2-0 goal and the game was lost," Oilers coach Ralph Krueger said. "There's no excuses for this one. You cannot stop playing for 10 minutes against the Detroit Red Wings and expect to get

points."

The Red Wings added their second goal after some sustained pressure when Emmerton took a pass from Drew Miller and beat Dubnyk high to the stick side from the slot.

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Winnipeg Blue Bomber Odell Willis sacks Montreal Alouettes quarterback Anthony Calvillo in this file photo taken on Aug. 19, 2010, in Montreal. Willis is at the centre of the Edmonton Eskimos' tampering violation. THE CANADIAN PRESS FILE

# Lions GM torn on league's decision to fine Eskimos

**CFL.** Wally Buono reacts to \$10,000 tampering penalty

B.C. Lions GM Wally Buono has mixed emotions about the CFL's decision to fine the Edmonton Eskimos for violating its tampering rules.

"When I see the CFL do this, a part of me is unhappy because of the fact that there obviously must have been an indiscretion," he said. "But the other part of me is extremely happy that the league is monitoring everyone's activities and making it such that everyone is playing by the same rules."

On Wednesday, the league slapped the Eskimos with a \$10,000 fine for the violation

when signing free-agent defensive lineman Odell Willis. Edmonton announced the addition of Willis on Feb. 15, mere minutes after the noon ET start of free agency.

There have long been persistent whispers that some CFL teams speak to prospective free agents during the period before the league-mandated start of free agency. Players compound the situation by talking among themselves, as every off-season there are those who will try to sway potential free agents their way in order to make their teams stronger.

But what was most peculiar about Edmonton's announcement was the timing of it. The Eskimos sent out a release about having signed Willis just four minutes after he had officially become a free agent after

## Quoted

**"I've always advocated that we need a strong, strong league office that protects all of us from all of us."**

B.C. Lions general manager Wally Buono

spending the 2012 season with the Saskatchewan Roughriders.

Eskimos president Len Rhodes responded by saying in a statement the club respected "the position taken by the Canadian Football League and commissioner Mark Cohon. As a result we feel that no other public comment is necessary nor will it be forthcoming from the Eskimo organization."

THE CANADIAN PRESS

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## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
Miami	45	14	.763	—
New York	37	22	.627	8
Indiana	38	23	.623	8
Brooklyn	35	26	.574	11
Atlanta	34	26	.567	11½
Chicago	34	27	.557	12
Boston	33	27	.550	12½
Milwaukee	30	29	.508	15
Toronto	24	38	.387	22½
Philadelphia	23	37	.383	22½
Detroit	23	40	.365	24
Cleveland	21	40	.344	25
Washington	19	40	.322	26
Orlando	17	45	.274	29½
Charlotte	13	48	.213	33

### WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	48	14	.774	—
Oklahoma City	45	16	.738	2½
L.A. Clippers	44	19	.698	4½
Memphis	40	19	.678	6½
Denver	40	22	.645	8
Golden State	35	27	.565	13
Houston	33	29	.532	15
Utah	32	29	.525	15½
L.A. Lakers	31	31	.500	17
Portland	28	32	.467	19
Dallas	27	33	.450	20
Minnesota	21	37	.362	25
Phoenix	21	40	.344	26½
New Orleans	21	41	.339	27
Sacramento	21	42	.333	27½

Note: division leaders ranked in top three positions regardless of winning percentage.

### THURSDAY'S RESULTS

Oklahoma City 95 New York 94  
L.A. Clippers at Denver

### FRIDAY'S GAMES — All Times Eastern

Oklahoma City at Charlotte, 7 p.m.  
Indiana at Orlando, 7 p.m.  
Memphis at Cleveland, 7:30 p.m.  
Dallas at Detroit, 7:30 p.m.  
Washington at Brooklyn, 7:30 p.m.  
Utah at Chicago, 8 p.m.  
Atlanta at Boston, 8 p.m.  
Philadelphia at Miami, 8 p.m.  
Portland at San Antonio, 8:30 p.m.  
Phoenix at Sacramento, 10 p.m.  
Toronto at L.A. Lakers, 10:30 p.m.  
Houston at Golden State, 10:30 p.m.

## NHL

### EASTERN CONFERENCE

ATLANTIC DIVISION							
	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	16	8	0	86	71	32
New Jersey	24	11	8	5	59	67	27
NY Rangers	22	12	8	2	57	54	26
NY Islanders	24	10	11	3	71	80	23
Philadelphia	25	11	13	1	72	77	23
NORTHEAST DIVISION							
	GP	W	L	OL	GF	GA	Pt
Montreal	24	15	5	4	75	61	34
Boston	21	15	3	3	64	48	33
Toronto	25	15	10	0	75	65	30
Ottawa	24	12	8	4	56	49	28
Buffalo	25	9	13	3	65	80	21

### SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	23	13	9	1	69	66	27
Winnipeg	23	11	11	1	58	69	23
Washington	22	10	11	1	66	63	21
Tampa Bay	24	10	13	1	82	75	21
Florida	24	7	12	5	60	90	19

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

### THURSDAY'S RESULTS

New Jersey 3 Buffalo 2 (SO)  
Montreal 4 Carolina 2  
Columbus 2 Vancouver 1 (OT)  
Pittsburgh 5 Philadelphia 4  
NY Rangers 2 NY Islanders 1 (OT)  
Boston 4 Toronto 2  
Washington 7 Florida 1  
Detroit 3 Edmonton 0  
Winnipeg 2 Tampa Bay 1  
St. Louis 6 Phoenix 3  
Dallas at Los Angeles

### WEDNESDAY'S RESULTS

Toronto 5 Ottawa 4  
Chicago 3 Colorado 2  
Calgary 4 San Jose 1  
Anaheim 2 Phoenix 0  
FRIDAY'S GAMES — All Times Eastern

Philadelphia at Boston, 7 p.m.  
Ottawa at NY Rangers, 7 p.m.  
Winnipeg at Florida, 7:30 p.m.  
Edmonton at Nashville, 8 p.m.  
Chicago at Colorado, 9 p.m.  
Calgary at Anaheim, 10 p.m.  
SATURDAY'S GAMES

Washington at NY Islanders, 1 p.m.  
Philadelphia at Boston, 1 p.m.  
Detroit at Columbus, 2 p.m.  
St. Louis at San Jose, 4 p.m.  
Pittsburgh at Toronto, 7 p.m.  
Montreal at Tampa Bay, 7 p.m.  
New Jersey at Carolina, 7 p.m.  
Minnesota at Nashville, 8 p.m.  
Dallas at Phoenix, 8 p.m.  
Calgary at Los Angeles, 10 p.m.

### WESTERN CONFERENCE

WESTERN CONFERENCE

CENTRAL DIVISION							
	GP	W	L	OL	GF	GA	Pt
Chicago	24	21	0	3	78	46	45
Detroit	24	12	8	4	66	60	28
St. Louis	23	12	9	2	70	70	26
Nashville	23	9	9	5	47	59	23
Columbus	24	8	12	4	55	70	20
NORTHWEST DIVISION							
	GP	W	L	OL	GF	GA	Pt
Vancouver	23	11	6	6	64	63	28
Minnesota	22	11	9	2	52	56	24
Calgary	21	9	8	4	61	69	22
Edmonton	23	8	10	5	54	65	21
Colorado	22	8	10	4	53	65	20

### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	16	3	3	77	60	35
Los Angeles	21	12	7	2	60	52	26
San Jose	22	11	7	4	51	50	26
Phoenix	24	11	10	3	70	71	25
Dallas	22	11	9	2	61	63	24

## MLS

### EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Columbus	1	0	0	4	0	3
Kansas City	1	0	0	3	1	3
Houston	1	0	0	2	0	3
Montreal	1	0	0	1	0	3
New York	0	0	1	3	3	1
Philadelphia	0	1	0	1	3	0
New England	0	0	0	0	0	0
Toronto FC	0	1	0	0	1	0
D.C.	0	1	0	0	2	0
Chicago	0	1	0	0	4	0

### WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Los Angeles	1	0	0	4	0	3
Real Salt Lake	1	0	0	2	0	3
FC Dallas	1	0	0	1	0	3
Vancouver	1	0	0	1	0	3
Portland	0	0	1	3	3	1
Seattle	0	1	0	0	1	0
Colorado	0	1	0	0	1	0
San Jose	0	1	0	0	2	0
Chivas USA	0	1	0	0	3	0

### SATURDAY'S GAMES — All Times Eastern

Kansas City at Toronto FC, 1:30 p.m.  
Philadelphia at Colorado, 6 p.m.  
Real Salt Lake at D.C., 7 p.m.  
Columbus at Vancouver, 7:30 p.m.  
New England at Chicago, 7:30 p.m.  
Montreal at Portland, 10:30 p.m.  
SUNDAY'S GAMES

FC Dallas at Chivas USA, 5 p.m.  
New York at San Jose, 10 p.m.



# Veteran Pronger not ready to call it quits

**NHL.** Flyers forward says he still can't run or skate hard

Chris Pronger isn't ready to retire, even though a concussion specialist has advised him not to return to hockey.

The 2000 NHL MVP has not played for the Flyers since Nov. 19, 2011, and still suf-

fers from lingering effects of multiple concussions. But he wouldn't rule out attempting a return if physically possible.

"I'm just trying to get healthy and live a normal life and get better for myself and my family," Pronger said Thursday. "The rest will take care of itself."

Pronger hadn't spoken publicly since Dec. 1, 2011. He said he still can't run, or even skate hard. He's bothered

## Comeback

**"It will be difficult, but the good things in life are never easy."**

Philadelphia Flyers forward Chris Pronger

by bright lights and he's lost some of his peripheral vision.

The 38-year-old joined the Flyers in 2009 and helped them reach the Stanley Cup

finals against Chicago that season. He played 50 games the following season and 13 last year.

Pronger said the symptoms changed his personality and left him depressed. It was difficult for his wife and three children to handle.

"You're (ticked) off that you are not playing the game you love, that you can't go do what you want to do every day."

THE ASSOCIATED PRESS



Former MVP Chris Pronger is considering a comeback. PAUL BERESWILL/GETTY IMAGES

## Cadillac Championship

**Woods grabs share of the lead, McIlroy struggles**



Tiger Woods THE CANADIAN PRESS

Tiger Woods was on his game, and so were most of the world's best golfers Thursday in the Cadillac Championship.

Except for the world's No. 1 player.

Woods made nine birdies on the Blue Monster at Doral for a 6-under 66 that put him in a five-way share of the lead with Masters champion Bubba Watson, former U.S. Open champion Graeme McDowell, Sergio Garcia and Freddie Jacobson.

This World Golf Championship lived up to its name with Phil Mickelson, Steve Stricker and Hunter Mahan among those one shot behind.

But it was another rough day for Rory McIlroy.

He hit only three fairways and made six bogeys that kept him at par or worse on a perfect day for scoring. Despite making a 15-foot eagle putt on the par-5 first hole, and lacing a 5-iron over the water for another eagle attempt on the par-5 eighth that narrowly missed, he could only manage a 73.

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## Good ol' hall of fame

**Fans make case for Stompin' Tom in HHOF**

The Hockey Hall of Fame has a little bit of everything under its roof, from classic photos to vintage uniforms to old sticks and goalie masks.

Could there one day be room for a Stompin' Tom plaque, maybe a wooden stomping board or perhaps some lyric sheets to The Hockey Song?

It's possible.

Stompin' Tom Connors was on the minds of visitors to the hockey shrine Thursday, one day after word that the Canadian music legend had died at 77. Many fans said they would support his posthumous induction in the hall's builder category, given that Connors created one of the country's most popular hockey anthems.

"Absolutely, he's a legend," said Barbara Bilko, a women's hockey coach who visited the hall on Thursday.

One of her players, Kaylee Chanakos of the University of British Columbia, echoed her sentiments.

"The song is just everything for the game," she said.

It would not be difficult to get Connors on the initial list for consideration. The hall accepts public submissions and the deadline is March 15.

THE CANADIAN PRESS



Stompin' Tom Connors THE CANADIAN PRESS

# Jays' Lawrie to miss WBC with rib strain



Langley, B.C.'s Brett Lawrie will miss the World Baseball Classic with a rib strain. GETTY IMAGES

Torn between playing injured for his country or staying healthy for his team, Brett Lawrie opted to take off the Maple Leaf so that he won't miss any games with the Toronto Blue Jays.

A rib strain forced Lawrie off Canada's roster one day before the team's first game against Italy at the World Baseball Classic. Lawrie felt discomfort in his left side during an exhibition game against the Cincinnati Reds on Wednesday.

Lawrie, who was visibly dis-

appointed, said it was more important to rest as he watched his teammates work out in Phoenix on Thursday.

"It's tough for me but it's tough on everybody," said Lawrie.

"This is a situation that doesn't come around a whole lot, and just to have it kind of taken away just from something so small like this is frustrating for me just because I've worked so hard this off-season and this whole spring training to get myself ready for this."

The Langley, B.C., native said he made the mistake of trying to play injured last year and that he had learned from the experience. Playing a handful of games for Canada, Lawrie said, wasn't worth risking his major-league season.

"It needs time to heal," he said. "This is not something that can be healed overnight nor the next day.... So as of right now I'm still part of Team Canada but I don't think I will be competing in the first round." THE CANADIAN PRESS



See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

Horoscopes

## Aries

March 21 - April 20

It's not wrong to be ambitious. If someone tries to stop you from following the path that is right for you, come out fighting. It's your future.

## Taurus

April 21 - May 21

What would you do if you knew that success was inevitable? Whatever it is, the planets indicate that it's closer than you think. It will get closer still if you have the courage to reach for it.

## Gemini

May 22 - June 21

A positive attitude is a must today, especially if you are the kind of Gemini who has a tendency to worry for no good reason. Even if you encounter opposition, you have what it takes to win — and win well.

## Cancer

June 22 - July 23

You need to be honest about your feelings. You need to open up and let loved ones know why you feel a little down. After that, you need to wise up and realize that your "troubles" are quite minor.

## Leo

July 24 - Aug. 23

Someone who says they are your friend is, in reality, trying to undermine you. You may not yet have enough evidence to confront them but you must trust your intuition and keep them at arm's length.

## Virgo

Aug. 24 - Sept. 23

You will have to change your opinion about someone today after finding out you were completely wrong about what they are up to. And if you spoke up about your doubts you may have to apologize.

## Libra

Sept. 24 - Oct. 23

You are far too nice to turn your back on a friend in need. Just make sure they realize that once you have helped them get back on their feet, the rest is up to them. Don't let them become dependent on you.

## Scorpio

Oct. 24 - Nov. 22

Some tough decisions will have to be made over the next few days, but you know if you leave it much longer it could make matters worse. Call on your Pluto power to give you the strength you will need.

## Sagittarius

Nov. 23 - Dec. 21

There is a chance something you have grown used to will go out of your life, either today or over the weekend. There is no point making a fuss about it. Make peace and move on.

## Capricorn

Dec. 22 - Jan. 20

You need to have a clear idea of what it is you most want to accomplish, because only then are you likely to make progress. Once you know where you need to go, no power on earth can stop you.

## Aquarius

Jan. 21 - Feb. 19

You may have every reason to get angry with someone today but it could rebound on you in unexpected ways. Both Saturn and Pluto urge you to calm down and see the bigger picture. Strive for moderation.

## Pisces

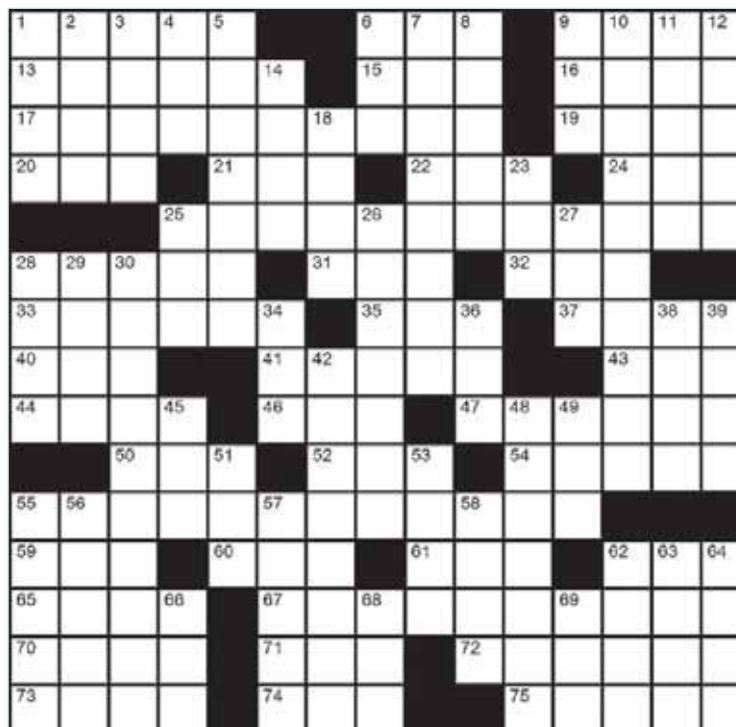
Feb. 20 - March 20

You have so much energy but what are you going to do with? Whatever it is, make it something that will stay with you long-term. A new creative project of some kind would be good. **SALLY BROMPTON**

### Crossword: Canada Across and Down

#### Across

1. Acknowledged
6. Suppositions
9. "Fly \_\_\_ Home" (1996)
13. TV brothers Frasier and Niles
15. "Bravo!"
16. Roller coaster cry!
17. CBC's "\_\_\_ Report"
19. Mona \_\_\_ (Painting)
20. Mil.'s special \_\_\_
21. Before
22. JT's "Suit & \_\_\_"
24. Target-shooting event, French style
25. Relic's classic Canadian series, "The \_\_\_"
28. Fermented rice drinks
31. Homer Simpson's sound!
32. Music syllable [var. sp.]
33. Make
35. Mr. Brooks
37. All two
40. One-eighty turn, in slang
41. Gawky
43. Charlotte of "The Facts of Life"
44. Zap with a stun gun
46. Farm animal
47. Chooses to partake: 2 wds.
50. Bit
52. Masc. opposite
54. Movie+projector attachments
55. Canadian landscape painters, famously: 3 wds.
59. "1-2-3": 1965 hit for \_\_\_ Barry
60. Org. in "Michael Col-



61. Shakespearean word
62. Mr. Vigoda
65. "\_\_\_ Around" by The Beach Boys
67. "Snowbird" songbird: 2 wds.
70. Gladiator's 165
71. Muscle: Prefix
72. Hockey's Conn \_\_\_ Trophy
73. Idol alum

et al.

74. Halifax hrs.

75. Wests opposites

#### Down

1. Prefix to 'phobia' (Fear of heights)
2. Leaky faucet sound
3. Big \_\_\_ (McDonald's burgers)
4. Pen's content

5. Fantastical play by Shakespeare, The \_\_\_

6. Winter/Summer games org.

7. The Bounty mutineer, \_\_\_ Christian

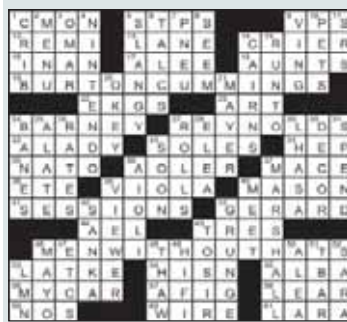
8. Prefix to 'comedy' (Comedic drama)

9. Hole-punching tool

10. Yukon capital

11. Pantheon of Norse gods
12. "The Wonder \_\_\_"
14. What will be, will be... when doubled, it follows Que
18. Got, as a parcel [abbr.]
23. Bad \_\_\_ (German spa resort)
25. Actress Ms. Arthur, for short
26. Tributes
27. Mr. Dylan
28. Rabbit-style tail
29. Region
30. \_\_\_ pipeline (News-making project)
34. Paranormal power, briefly
36. Writer Mr. Tolstoy
38. Kite part
39. Barn birds
42. "Breakfast at \_\_\_" (1961)
45. \_\_\_ de cologne
48. Suppose
49. X
51. Printer resolution meas.
53. Give out
55. Martin Short character, Jiminy \_\_\_
56. Ruler: French
57. 'Pan' add-on (Scene)
58. Vitalities
62. \_\_\_ & Sciences
63. Thailand currency
64. Views
66. Tellies
68. Negative word
69. Scandinavian rug

### Yesterday's Crossword



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



### Weather

#### TODAY

MAX: -1°  
MIN: -13°

#### SATURDAY

MAX: 2°  
MIN: -13°

#### SUNDAY

MAX: 1°  
MIN: -6°



### MICHELE MCDUGALL WEATHER SPECIALIST

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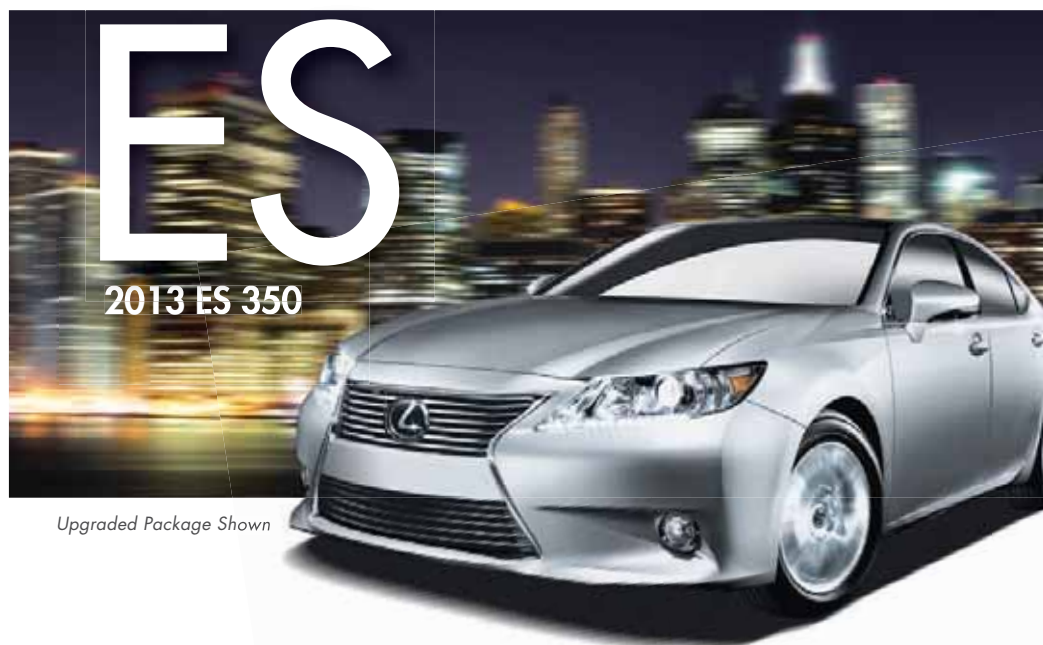
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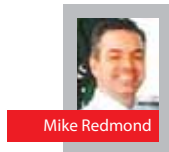
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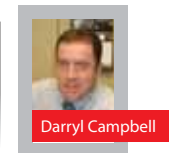
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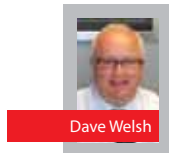
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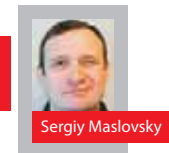
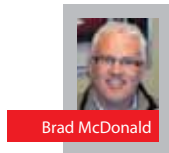
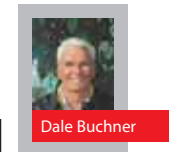


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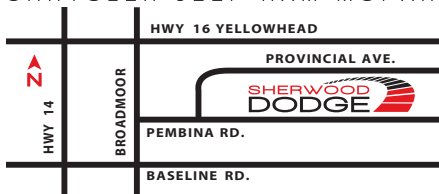
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